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NOVEMBER 2015



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Behind the ~~K~~over Shoot

Put the Kardashian/Jenner crew in one room together and things get crazy—and candid. Here's what they spilled exclusively to Cosmo.



Confession Time

“I was with Bruce on a commercial airliner in first class. We had sex in the bathroom, and we thought we got away with it. But at the end of the flight, the flight attendant got on the microphone and told the entire flight, ‘Congratulations, Mr. and Mrs. Jenner, you just joined the mile high club. We’re so proud of you, we’re giving you a bottle of champagne.’ I could not squish down in my seat low enough.” —**KRIS JENNER**

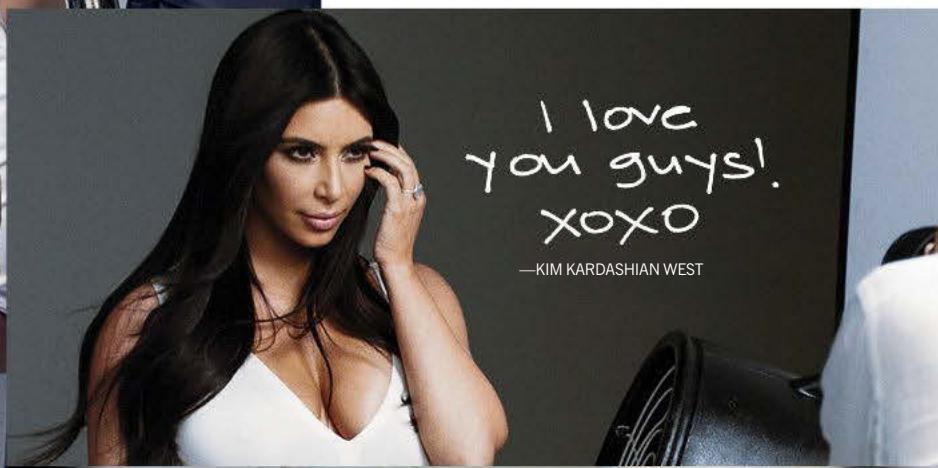




DRESS,
Watson x
Watson

Cosmo Goals

“When I was first starting my career, I sat down with my publicist at the time, and she asked me what I aspired to do. I remember looking down and there was a Cosmo with Megan Fox on it. I said to her, ‘I would love to be on the cover of Cosmo one day.’ She looked at me and said, ‘Kim, let’s be realistic. You’ll never be on the cover of Cosmo. Let’s have some realistic goals.’ Cut to seven years later, the 50th anniversary, I’ll send her an autographed copy.” —KIM KARDASHIAN WEST



Fandom

“When anybody says something to us, I’m always blown away, like, OMG, they’ve seen our show! When we film, I don’t even think anyone is watching the show. They are just really expensive home videos. So it’s crazy to me that I’ve had so many people say that they are fans. Like Kristen Wiig, when I was in Australia, reached out and said, ‘I would love to go to dinner with you!’ I was like, how does Kristen Wiig even know I’m in Australia? It’s just wild. I had to leave that night, otherwise I would have of course gone to dinner.” —KHLOÉ KARDASHIAN



M A Y B E

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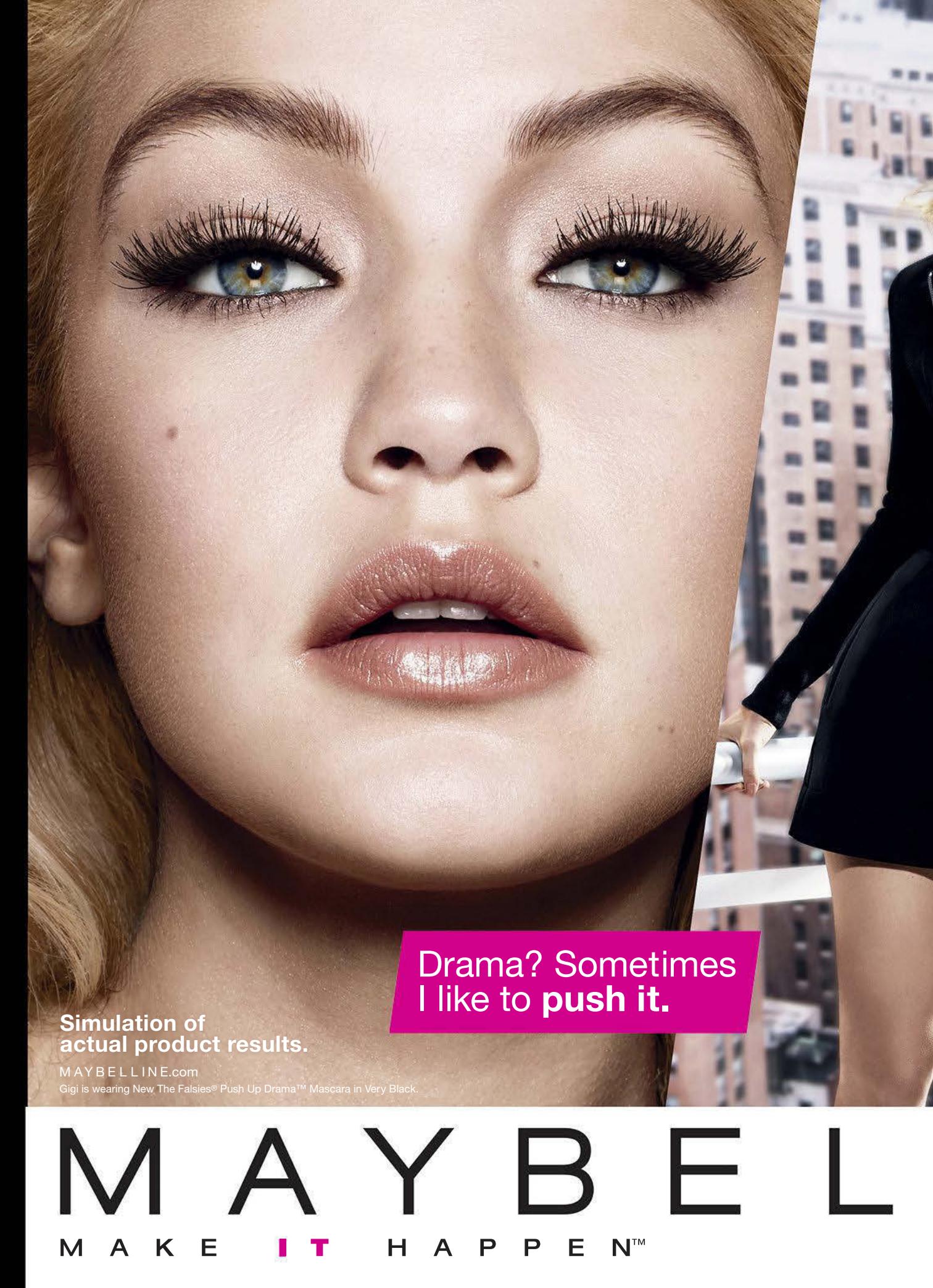


Current mood:
pushed up!

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Gigi Hadid

Maybelline.com/PushUpDrama

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N E W Y O R K

A close-up, high-contrast photograph of a woman's face, focusing on her eyes and lips. She has light blue eyes, dark brown eyebrows, and voluminous black eyelashes. Her lips are painted with a glossy, reddish-pink shade. The background is blurred, showing a city skyline with buildings.

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Drama? Sometimes
I like to **push it.**

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This luminous look reflects the light side in STAR WARS: The Force Awakens. A swath of golden eye shadow across lids and cheekbones sets the tone, with gold lipstick and gloss punctuating the lustrous palette.



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Get the look designed by Pat McGrath

Strong, graphic Stormtrooper is inspired by the dark side in STAR WARS: The Force Awakens. The eyes dominate in black winged liner with white contrasts. Lips measure up in a deep sinister red.



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cools on contact for instant scalp relief.

*Visible flakes; with regular use. ©2015 P&G

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NOVEMBER 2015

"We like to stay in and have pajama parties, order Pinkberry, and watch Pretty Woman."

MODEL NADINE LEOPOLD ON BFF (AND PARTNER IN THE SMIZE) GABBY WESTBROOK, IN "DAY TRIPPERS."

190

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SCORE 1 OF 5 PARTY PACKS FOR A GIRLS' NIGHT IN: FLAT-SCREEN TV, MOVIES, CASH, SKINNYGIRL POPCORN! GO TO COSMOPOLITAN.COM/GIRLSNIGHTIN AND SEE PAGE 255 FOR DETAILS.

PHOTOGRAPHED BY JAMES MACARI



COVER STORIES

Pop a Bottle! It's November—and Cosmo's 50th Birthday (217). Sex Up Your Life with our 50 Moves: Ready, Set, Ohhh! (199) See the Kardashian/Jenner Klan Like You've Never Seen Them Before (173). Do the Easiest Workout for an Epic Ass! (145) Make Bank at Work! Learn the #1 Way to Get Ahead Fast (223). Then find Fashion Under \$50 (100) and Beauty Under \$10 (138). Plus, the Hilarious First Dates You Won't Believe (66) and how to Decode His Crazy Mind Tricks (214).

FEATURES

Cosmo's Guide to the Modern Period has all the answers you need (238).

VEST, *Sea*. BODYSUIT, *DSquared2*. SHORTS, *Au Jour Le Jour*. BOOTS, *Sorel*. RINGS, *Pebble London*

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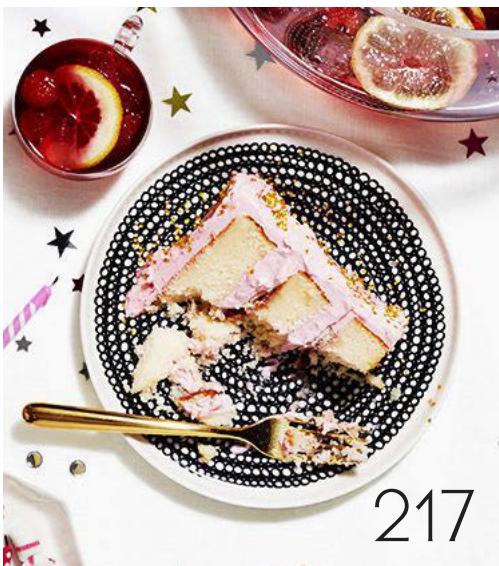
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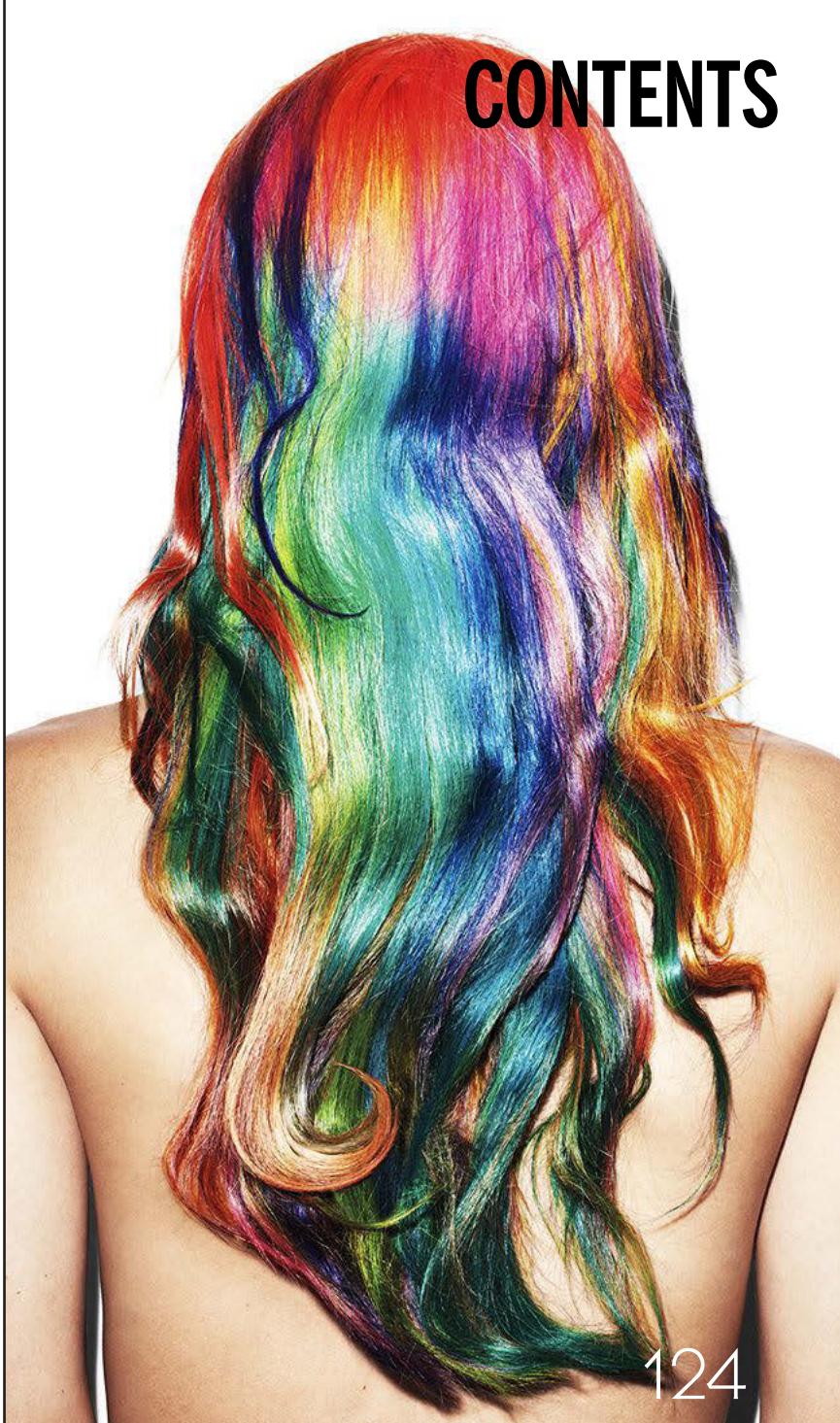
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"I lost my virginity in a bed of poison ivy..."

CONFESIONS



217



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CLOCKWISE FROM TOP LEFT: ANDI ELOWAY/THE LICENSING PROJECT.COM; TERRY RICHARDSON/ART PARTNER; BEN GOLDSTEIN/STUDIO D.

CULTURE CRUSH

Do Double Takes (71) at our sexy roundup of celeb doppelgängers. Then get to know the Cosmo Guy behind everyone's favorite breakup anthem (72). Go from Safe to Sexy without getting Skanky (74). Plus, Fun, Fearless...Fail! (78) Now #RealTalk: Are You Riding the Hate Train? (80)

STYLE

Winter is coming...Time to Bundle Up (85). Swap your old outerwear for some chic Top Coats (86), and Look Hot Tonight in a badass pairing of Plaid & Leather (94). Need a dose of instant polish? Handle It! (96) Then Ask Stacy London what not to wear (104).

BEAUTY

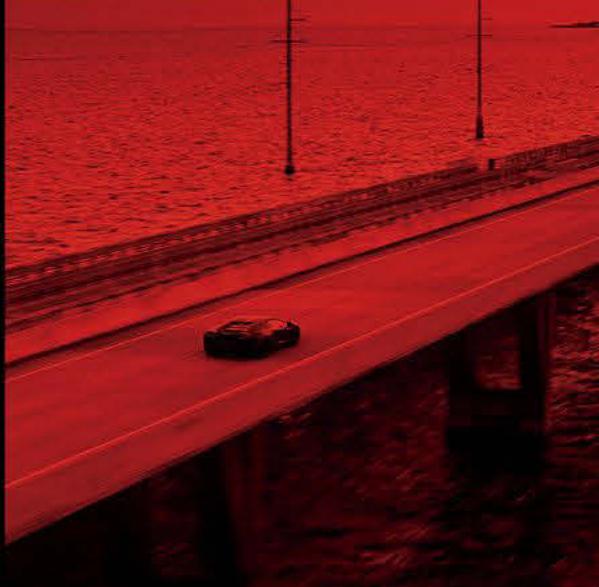
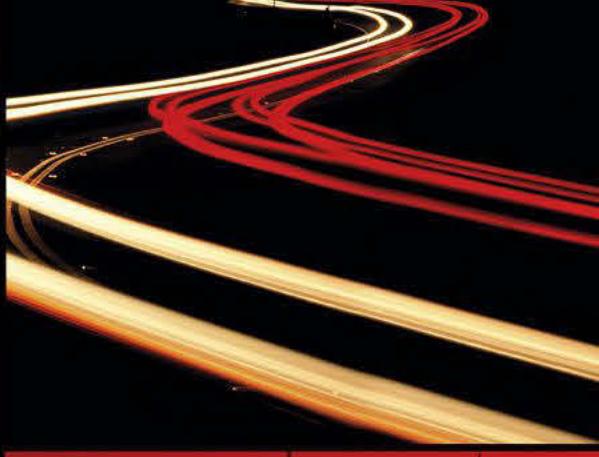
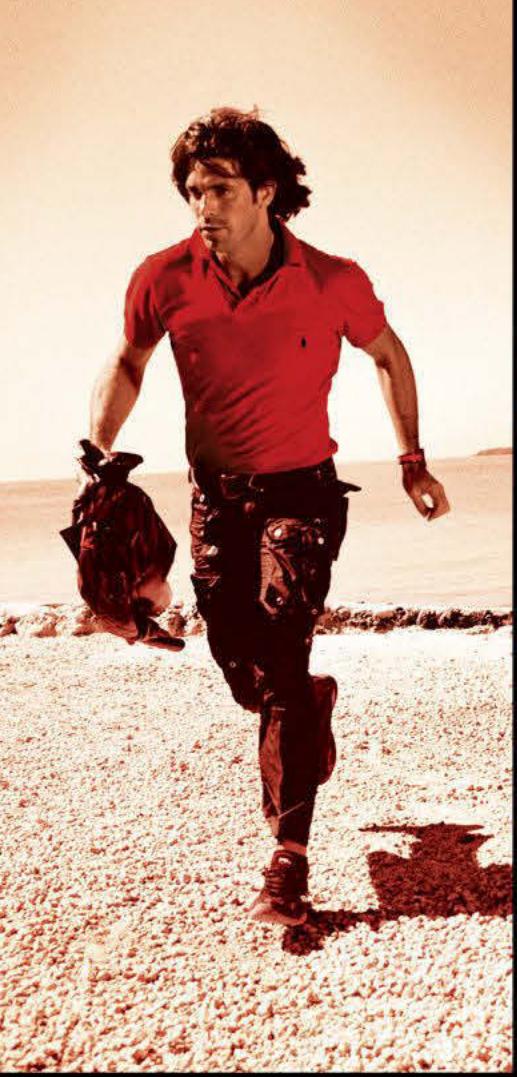
Trolling Sephora for the products of tomorrow? Look no further, The Future Is Now (107). Get a lesson in beauty geography with Pretty in Another City (130), and best-selling author Naomi Wolf reveals "Why I Went Blonde" (132). Sport Sexy Beauty All Month Long (140), and look Out-of-This-World Hot (184).

BODY

Killer heels can hurt like hell, so see Fitness Buzz (150) for some feel-good moves. Then find ways to make water less boring in Food Buzz (154). And ask your local university, Why the Hell Are Tanning Beds on Campus? (158)

in every issue

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"I hope that my voice is helping to change the perception of ballet..."

WORLD-CLASS BALLERINA MISTY COPELAND, PLUS THE REST OF COSMO'S FUN, FEARLESS 50.

ALL THE KARDASHIAN COVERS



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For fashion credits on all Kardashian covers, please see page 254. To get these covers' looks, try Bronze Goddess Powder Bronzer, Brow Defining Pencil in Dark Brunette, Pure Color Envy Sculpting EyeShadow 5-Color Palette in Defiant Nude, Little Black Liner, and Little Black Primer, all by Estée Lauder. Styled by Elizabeth Stewart. Hair: Kris, Kim: Chris McMillan for Living Proof @ SoloArtists.com. Khloé: Jen Atkin for Wella Professionals at The Wall Group. Kourtney: Peter Savic at Opus Beauty. Kendall, Kylie: Scott Cunha for The Only Agency using Oribe and Kardashian Beauty. Makeup: Kris, Kylie: Joyce Bonelli. Kim, Khloé: Mario Dedivanovic at The Wall Group. Kendall, Kourtney: Rob Schepp for Cloutier Remix using Tweezerman Brush IQ. Manicure: Kris, Kim: Kalley Phan. Khloé, Kylie: Kimmie Kyees for Orly Int'l. Kendall, Kourtney: Kim Truong. Production: First Shot Productions. Fashion Director: Aya Kanaai. Photographed by Francesco Carrozzini.

LOVE LUST

Think you and your bae are meant to be? Read "I Saw the Signs" (206). Get inside the male mind with Ask Him Anything (210) and Manthropology (214). Then check out Sex Q&A (212) for any crazy or kinky questions you're too afraid to ask.

WORK

Stop apologizing for being ambitious and Dream Bigger! (223) Then Dress for the Job You Want (234), from head to stiletto.

WIN IT!

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without the struggle: Logitech's Keys-to-Go keyboard hooks up to your phone or tablet (\$70, logitech.com).



50

THINGS TO DO THIS MONTH

6. JOURNAL your way to Lea Michele levels of goal fulfillment with her new book, *You First*.

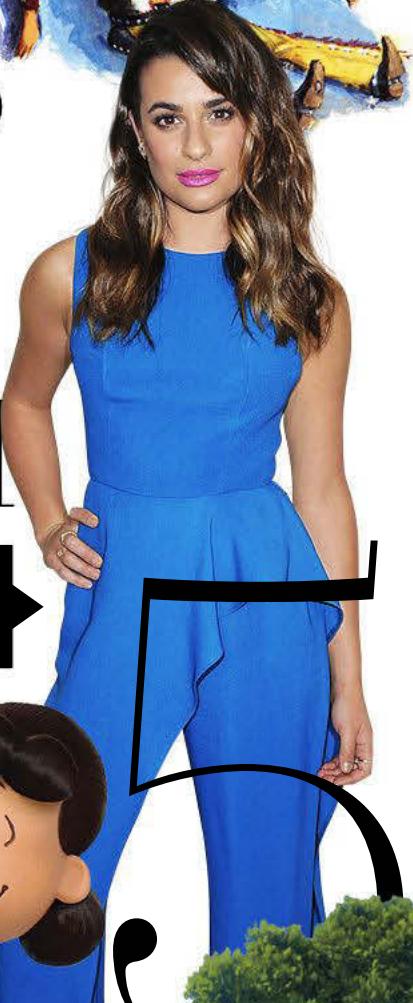


2. HONOR a Turkey Day tradition and watch the Macy's Thanksgiving Day Parade in your pj's (NBC).

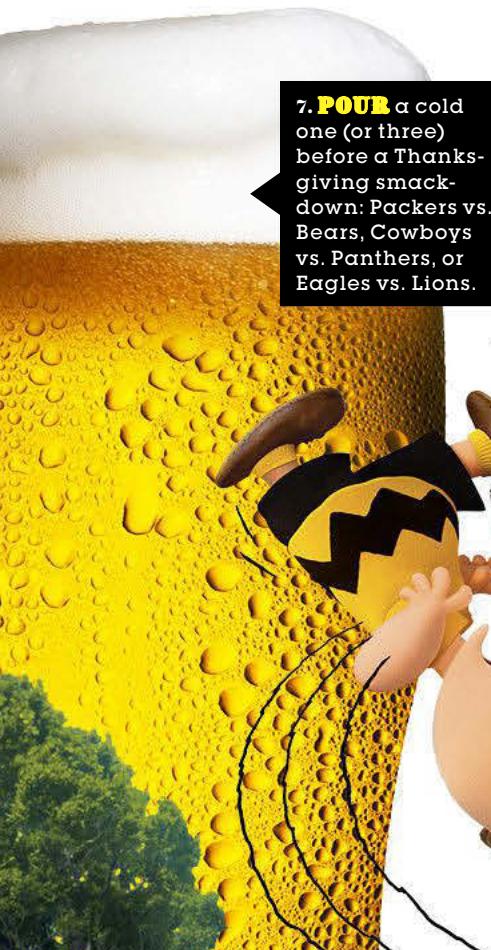


SHAKE UP a Bond-worthy martini with Belvedere's 007 Silver Saber vodka as Spectre hits theaters (Nov. 6).

4. CHECK OUT the OG versions of your favorite characters at the Cooper Hewitt museum's Pixar: *The Design of Story* (cooperhewitt.org).



7. POUR a cold one (or three) before a Thanksgiving smack-down: Packers vs. Bears, Cowboys vs. Panthers, or Eagles vs. Lions.



ROOT for the underdogs—Charlie Brown and the Snoop—in their first big-screener, *The Peanuts Movie* (Nov. 6).

CLOCKWISE FROM TOP LEFT: LOGITECH; GETTY IMAGES; COURTESY BELVEDERE VODKA; DISNEY PIXAR; JON KOPALOFF/FLIMMAGIC; TWENTIETH CENTURY FOX & PEANUTS WORLDWIDE LLC; GETTY IMAGES; COURTESY MARC JACOBS.

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POWER UP your pout with Estée Lauder's Pure Color Envy Liquid Lip Potion in Lethal Red (\$30, estee-lauder.com). Kendall Jenner's a fan!

► **10. READ UP** on Sex and the Single Girl and Sex and the Office by Cosmo's pioneering editor-in-chief Helen Gurley Brown—now in e-book form (openroadmedia.com).

► **11. BRACE YOURSELF** for the epic final chapter of The Hunger Games. Katniss goes all or nothing in Mockingjay, Part 2 (Nov. 20).

► **12. STAND UP** for women's rights, like the fearless heroes of the UK's early voting equality movement in the drama Suffragette (Oct. 23).

► **13. GAWK.** Michael B. Jordan is a boxer in Rocky spin-off Creed, so...plenty of shirtless scenes. Need we say more? (Nov. 25)

► **14. GO META.** Angelina Jolie directs Brangelina as a married couple in By the Sea (Nov. 13).

► **15. GET SPOOKED.** Daniel Radcliffe plays assistant to James McAvoy's mad scientist in Victor Frankenstein (Nov. 25).

◀ **18. GIVE THANKS** to your fam or friends with a Flatterbox filled with uplifting words from their loved ones (flatterbox.com).

19. GET IN LINE EARLY. Balmain's collection for H&M hits stores Nov. 5 (Balmain x H&M, \$399, hm.com).

16. GEE Keira Knightley live as she works a love triangle in her Broadway debut, Thérèse Raquin (Oct. 1).

17. CELEBRATE trans rights (and advocates like Laverne Cox) this Transgender Awareness Week (Nov. 14 to 20).



► **21. PREPARE** to be on the edge of your seat during Room, based on the suspenseful best-seller (Oct. 16).

► **22. SUSS OUT** these three films getting early awards-season buzz and align the Oscar pool odds in your favor: *The Danish Girl* Eddie Redmayne goes for back-to-back statuettes as the turn-of-the-century trans woman Lili Elbe (Nov. 27). *Carol* Cate Blanchett romances Rooney Mara in this lush 1950s-set drama (Nov. 20). *Steve Jobs* Michael Fassbender stars as Apple's iCzar in this juicy biopic (Oct. 9).

23. DRINK TO the Coke bottle. Its fly figure turns 100 years young Nov. 16.

INDULGE IN Kate Spade and Magnolia Bakery's sweet collab of accessories (\$348, katespadeny.com).

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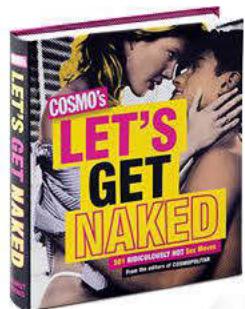


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26. TAKE IT OFF right now. There are 501 sexy moves to try in Cosmo's latest DIY book *Let's Get Naked*.



WELCOME
Aziz Ansari back to TV with a long overdue starring role in his new, think-y comedy, *Master of None* (Nov. 6, Netflix).

- **27. ADOPT A TURKEY.** Have a guilt-free Thanksgiving: Donate \$30 to Farm Sanctuary to sponsor a rescued turkey (farmsanctuary.org).
- **28. RUB ELBOWS** with Cosmo staff and speakers who #RunTheWorld at our annual Fun Fearless Life event in NYC, Nov. 14 (funfearlesslife.com).



TUNE IN. Carrie and Brad eight-peat (it's a thing) as hosts of the CMAs on Nov. 4, then catch the AMAs Nov. 22 (ABC).



JESS GLYNNE

The dynamite "Rather Be" singer talks debut album *I Cry When I Laugh*.

ON HER ALBUM

NAME: "The album comes from a place of sadness, but a heartbreak album isn't me. I chose to find the positive."

ON INFLUENCES:

"Whitney and Mariah were the pinnacles. I would record myself singing 'Hero' on a tape player until I got it exact."

ON SAM SMITH:

"He's a friend of mine. He didn't just have a record—he's made people feel. If I could do half of that, I'd be very happy."

ON MUSICAL HORIZONS: "I'm a North London girl, and I am very London. But my family introduced me to all different worlds of music."

80



LANA DEL REY
The queen of stirring cinematic cuts drops *Honeymoon*.

81



CARRIE UNDERWOOD
ends a three-year break (woot!) with *Storyteller*.

82



BØRNS Synth symphonies abound on the alt rocker's *Dopamine*.

83



DEMI LOVATO
Learn the lyrics to every feel-good anthem on *Confident*.

84



CHARLIE PUTH
The "See You Again" singer is center stage on *Nine Track Mind*.



35. FLASH
designer Karen Walker's beauty accessories for Sephora—too cool to be kept in a makeup bag (\$48, sephora.com).



► **36. TEST** your pop-culture IQ (and count the celeb cameos) as Billy Eichner's *Billy on the Street* returns for a hilarious fourth season (Oct. 8, TruTV).

► **37. INDULGE** in the gorge costumes and the scandalous drama of the ballet world in gritty new series *Flesh and Bone* (Nov. 8, Starz).

► **38. GO WILD.** TOMS and National Geographic team up for a new line that's comfy, fierce, and gives a boost to endangered felines (\$59, toms.com).

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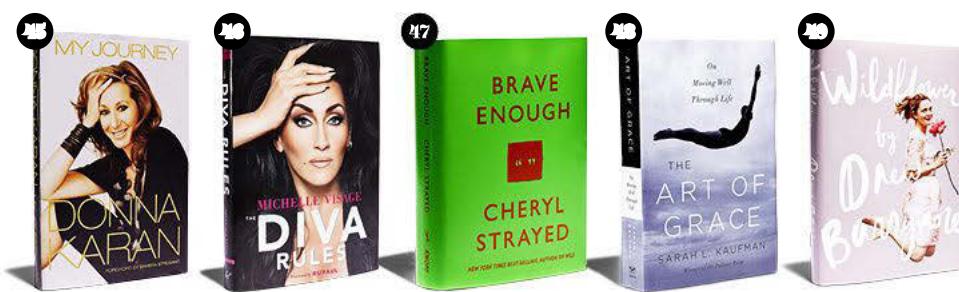
COSMO READS

Fiction

- 10. **AFTER ALICE**, by Gregory Maguire A new twist on Alice (of Wonderland fame) from the author of *Wicked*.
- 11. **DC TRIP**, by Sara Benincasa Not even Olivia Pope could fix this teacher's out-of-control outing to the capital.
- 12. **THE HEART YOU CARRY HOME**, by Jennifer Miller An army daughter and wife has plenty of wounds to heal.
- 13. **THE MARE**, by Mary Gaitskill Hold on tight: A poignant story of a city teen and her horse is anything but tame.
- 14. **DEAR MR. YOU**, by Mary-Louise Parker M.L.P. pens poetic and often hilarious letters to the men in her life.

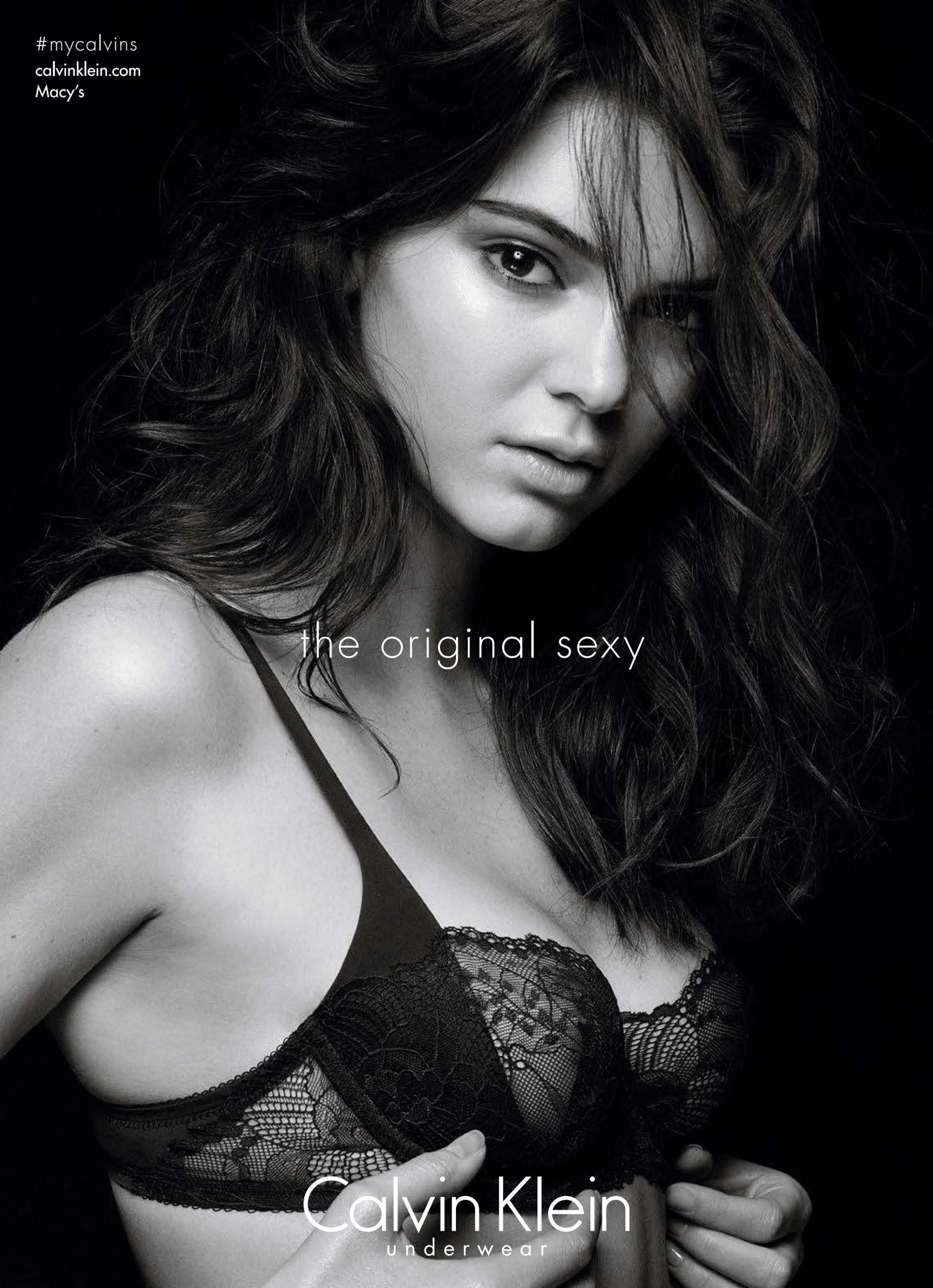
Celeb Inspiration

- 15. **MY JOURNEY**, by Donna Karan The legendary designer and modern queen of the little black dress tells all.
- 16. **DIVA RULES**, by Michelle Visage A study in self-empowerment from the endlessly GIF-able RuPaul's Drag Race judge.
- 17. **BRAVE ENOUGH**, by Cheryl Strayed Prime your Pinterest for nuggets from this book of quotables by the *Wild* author.
- 18. **THE ART OF GRACE**, by Sarah L. Kaufman Like charm school in written form: A Pulitzer Prize-winning dance critic enlightens us on elegance.
- 19. **WILDFLOWER**, by Drew Barrymore D.B. tells her story, from her rowdy early years to her happy, healthy present.



YES FOR SUCCESS. Queen of must-see TV Shonda Rhimes spills how one little word changed everything in *Year of Yes*.

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underwear

Cocktail of the Month

TEQUILA

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This twist on a classic (from Mary Giuliani's new book, *The Cocktail Party*) is reason enough to celebrate.

$\frac{1}{2}$ ounces tequila
1 ounce white cranberry juice
 $\frac{1}{2}$ ounce fresh lime juice
 $\frac{1}{2}$ ounce Cointreau

Shake with ice, and serve straight up.



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Jessica Harlow
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The Jessica Harlow Blog



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ARE YOU DRAWN TO THE DARK-SIDE?

Like Betty Beaumont on ABC's *WICKED CITY*, some of us just don't see him coming... the guy that brings out something inside of us that we normally don't let anyone see.

TAKE THE QUIZ below to find out if you're the kind of girl who releases her inhibitions, or stays the good girl despite what you may feel.



1. If the guy you're seeing wanted to do something that may not be legal, how likely are you to help him out?

- A. Oooh, sounds fun! I'm ready to live dangerously.
- B. Maybe, depends on what it is... a little thrill is kind of hot.
- C. No way! I'm calling the cops.

2. You're a good girl, and you meet a very handsome and very bad boy. Do you...

- A. Turn over a new leaf and try something wild and different?
- B. Tread lightly, maybe he's not that bad?
- C. Just say, "later loser." I don't need that drama in my life!

3. It's 11:45pm on a Friday night, you're home and your guy calls you up to go out. What's your reply?

- A. I can't...I shouldn't...Ok, I will.
- B. I'm actually already out, come meet me.
- C. Zzzzzzzzzzzzzzz.

4. Your BF wants to try a little role playing in the bedroom and it may be a little outside your comfort zone. What do you say?

- A. Um, no I can't. But, wait, how do I do it? Like this? Ok.
- B. You're a little crazy, how about we try it my way!
- C. Not going to happen. Not now. Not ever!

BREAKDOWN

Mostly A's *Dangerously Devoted*

Similar to Betty, you may be drawn to his mysterious demeanor and exhilarated by your guy's strange kinks. He may even enlighten you with new experiences, but don't ignore all the red flags you see and beware of the dangers that could lie ahead.



BETTY

Mostly B's *Loving But Legal*

Like Dianne, you've seen what the dark-side is like and know enough about it to enjoy being the fun, edgy, good kind of bad girl without getting yourself wrapped up with the wrong kind of bad boy.



DIANNE

Mostly C's *Straight Shooting Gal*

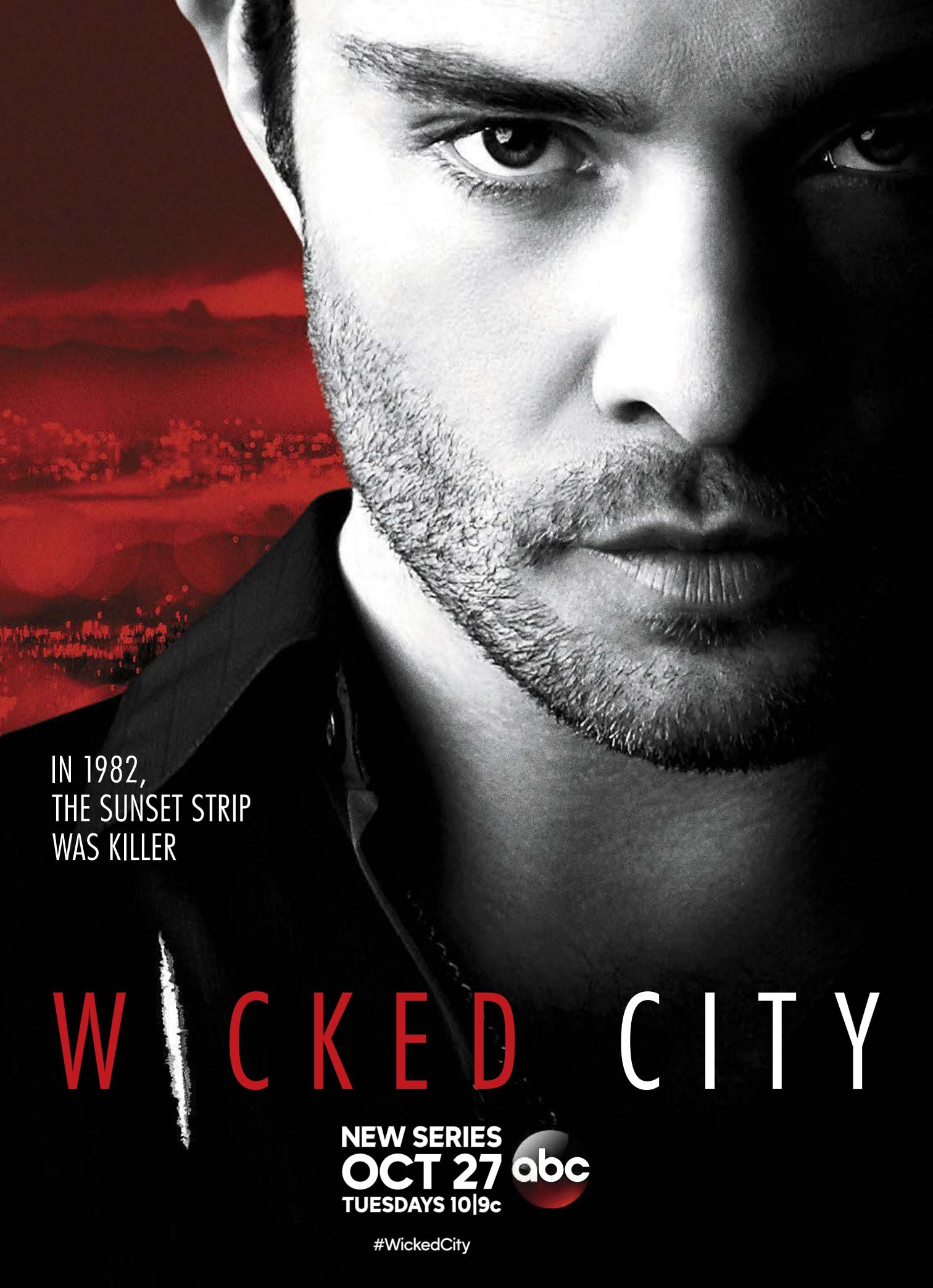
You've heard enough bad boy dating stories from your friends and in the news to know that you want no part of that in your life. While some of their stories may pique at your curiosity, like Karen, you decide you have enough going on already without dealing with the extra drama.



KAREN

WICKED CITY

NEW SERIES OCT 27 TUESDAYS 10|9c 



IN 1982,
THE SUNSET STRIP
WAS KILLER

WICKED CITY

NEW SERIES
OCT 27 abc
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#WickedCity

@ZBocka

Good to see @Cosmopolitan cover heavy lifting in the September issue.
#DeadLift #BenchPress #SquatRack #WeightRoomTakeover

Cosmotivation



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YOU COULD
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KAN'T GET
ENOUGH
K-SISTERS?
SOLVED YO'
PERIOD
PROBLEMS?

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.com to comment,
or tweet us
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Cosmo fit into
your life?
Instagram or
tweet your
photo to
@Cosmopolitan
and include
#MyCosmo. If
we feature you
in the mag, we'll
give you \$50!



COSMO CONVO

"My Boss Sexually Harassed Me — and a Jury Awarded Me \$18 Million" brought back a lot of horrible memories but also educated me. I was in a similar situation and hate that it's too late to do what I should have done. Thanks for publishing."

—KATHERINE A., 26

"I have learned that it's okay to admit that you are vulnerable. #Sexual Harassment via @Cosmopolitan"

—YASMINE_TFT,
VIA TWITTER

"Great case study of how harassment works from @AbigailPesta in Cosmo. #RageRead"

—@CHADBOUCHARD,
VIA TWITTER

@MARTINESANSOUCY

Thank you, @Cosmopolitan, for the surprise this month....It made my day...uh, and evening. Holy shit. @JustinBieber



MORE GOOD NEWS
FOR BELIEBERS
HIS NEW ALBUM
DROPS NOVEMBER 13.

CLOCKWISE FROM TOP: ACALU STUDIO/STOCKSY; COURTESY @SIMPLYPEANUT; ANTHONY MANDLER, TWEETS, INSTAGRAMS, AND "SHOW US YOUR COSMO" ENTRIES MAY HAVE BEEN EDITED FOR LENGTH AND CLARITY. WARNING: SOME READERS HAVE RECEIVED E-MAILS FROM PEOPLE PRETENDING TO BE LOOKING FOR NEW MODELS AND REQUESTING PERSONAL INFORMATION. THESE E-MAILS ARE A SCAM—YOU MAY WANT TO REPORT THEM TO LOCAL LAW ENFORCEMENT. THE CONTENT OF ALL SUBMISSIONS INCLUDING LETTERS AND PHOTOGRAPHS SHOULD BE ORIGINAL AND BECOMES PROPERTY OF COSMOPOLITAN, WHICH RESERVES THE RIGHT TO REPUBLISH AND EDIT ALL CORRESPONDENCE RECEIVED. BY MAKING A SUBMISSION, YOU GUARANTEE THAT YOU POSSESS ALL NECESSARY RIGHTS TO GRANT THE MATERIAL TO COSMOPOLITAN.

THE NEW FRAGRANCE FOR WOMEN



MARC JACOBS
DECADENCE



FROM THE EDITOR



ON, ONE
IN, AND
WELL,
OSMO'S
RECTOR,
JUDGES
NERS OF
PROJECT
JUNIOR
MIERING
R 12 ON
FETIME.



UMBRELLA-ELLA So that's where all my lost umbrellas are. JK. Stumbled upon this amazing art installation on vacation in Provence.



TURTLENECK
SWEATER, *Lands' End*, \$389,
landsend.com



LADY
KNIT SWEATERS
TWO NEW
READS: *CHE*
PULITZER
WINNING
SCHIFF AND
OTHER BY THE
RACHEL KELLY
ON THE FIRE AND
MULLED WINE



CHANGING THE
SPELLING OF MY
LAST NAME—
JOANNA KOLES.
IT WORKS,
RIGHT?

IT TAKES A VILLAGE
Actually, it took a small nation to pull off our Kardashian cover shoot in L.A. So fun hanging out with them all together. Hoping for an invite to their next family meeting.



WE'RE THRILLED
TO BE GETTING
A BOOST FROM
SPONSOR
MAYBELLINE
NEW YORK FOR
OUR SECOND
FUN FEARLESS
LIFE IN NYC,
NOV. 14. GET
YOUR TIX AT
[FUNFEARLESSLIFE
.COM](http://FUNFEARLESSLIFE.COM)

MAYBELLINE NEW
YORK *The
Follies Push
Up Drama
Mascara*,
\$9.50,
drugstores



SHE IS LEGEND Feminist pioneer Gloria Steinem (left) invited Team Cosmo to her NYC apartment for an intimate chat about equal pay, reproductive rights, and of course, sex.



SALLY HANSEN *Miracle Gel Top Coat*, \$10,
drugstores

AFTER MONTHS
OF SEARCHING,
I FINALLY
COMMITTED TO THIS
AKRIS LEATHER
BOMBER. NOW
WE'RE TOGETHER
FOREVER.



CAMPAGNE
SOME LOV
LITTLE PILL
CHANGED EVER
#THXBIRTHCONTRO
ON INSTA TWITTER
AND SNAPCHAT

O·P·I

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LACQUER SHADES LEFT TO RIGHT: LOVE IS IN MY CARDS • RO-MAN-CE ON THE MOON • GUYS & GALAXIES • I'M IN THE MOON FOR LOVE • COSMO WITH A TWIST
GIVE ME SPACE • CENTER OF THE YO-U-NIVERSE • SUPER STAR STATUS • I DRIVE A SUPERNOVA • BY THE LIGHT OF THE MOON • COMET CLOSER • IS THIS STAR TAKEN?
INFRARED-Y TO GLOW • LET YOUR LOVE SHINE • CE-LESS-TIAL IS MORE • PRESS * FOR SILVER • TWO WRONGS DON'T MAKE A METEORITE • NO MORE MR. NIGHT SKY



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IN HER OWN WORDS



Kimberly Kardashian West

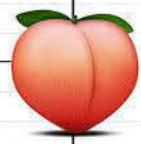
Nickname:
Kiki, Keeks



My favorite thing to do with North is:
sing songs in the shower

Favorite karaoke song:
I hate Karaoke

Spirit emoji:
peach



I overuse this word:
literally

Pet peeve:
Hyper people that talk too much

The sexiest thing in my closet:
clear high heels



I never leave the house without:
my cell phones

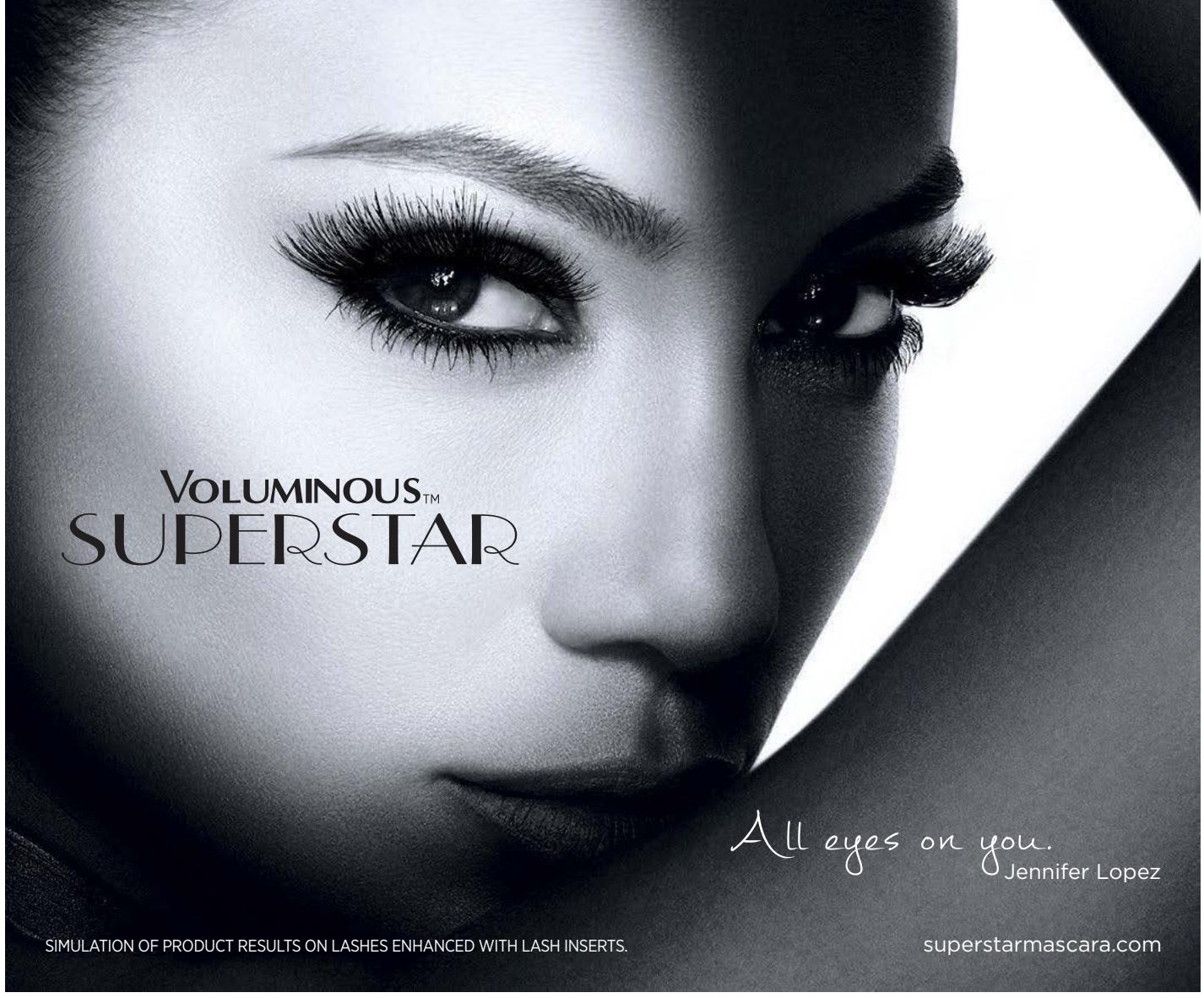
People would be surprised to know that Kanye and I talk about:
landscaping and architecture



The best thing my mom ever taught me:
How to make guacamole

The thing I'm most proud of:
My daughter

from
Kardashian
West



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Jennifer Lopez

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IN HER OWN WORDS



Kylie Kristen Jenner

Nickname:
Ky, Kylizzle,
Kyles,
KING Kylie

Favorite
Thanksgiving food:
Cranberry in
a can

My biggest
turn-on:
When someone
can make
me laugh &
help me grow

The thing I'm
most proud of is:
My dad

The last thing I
watched on my
DVR or online:
"BBHMM"
music video

My happy place:
the kitchen

The person who
inspires me most is:
My parents

Here's what people
always get wrong
about our family:
that we
aren't normal

My first kiss was:
Matthew
McGraw

Pet peeve:
dust in cups
lol, talking
sh*t

The best thing my
mom ever taught me:
How to
make a house
a home

I overuse this word:
"omg i can't"

I always
karaoke to:
Lana Del
Rey ☺

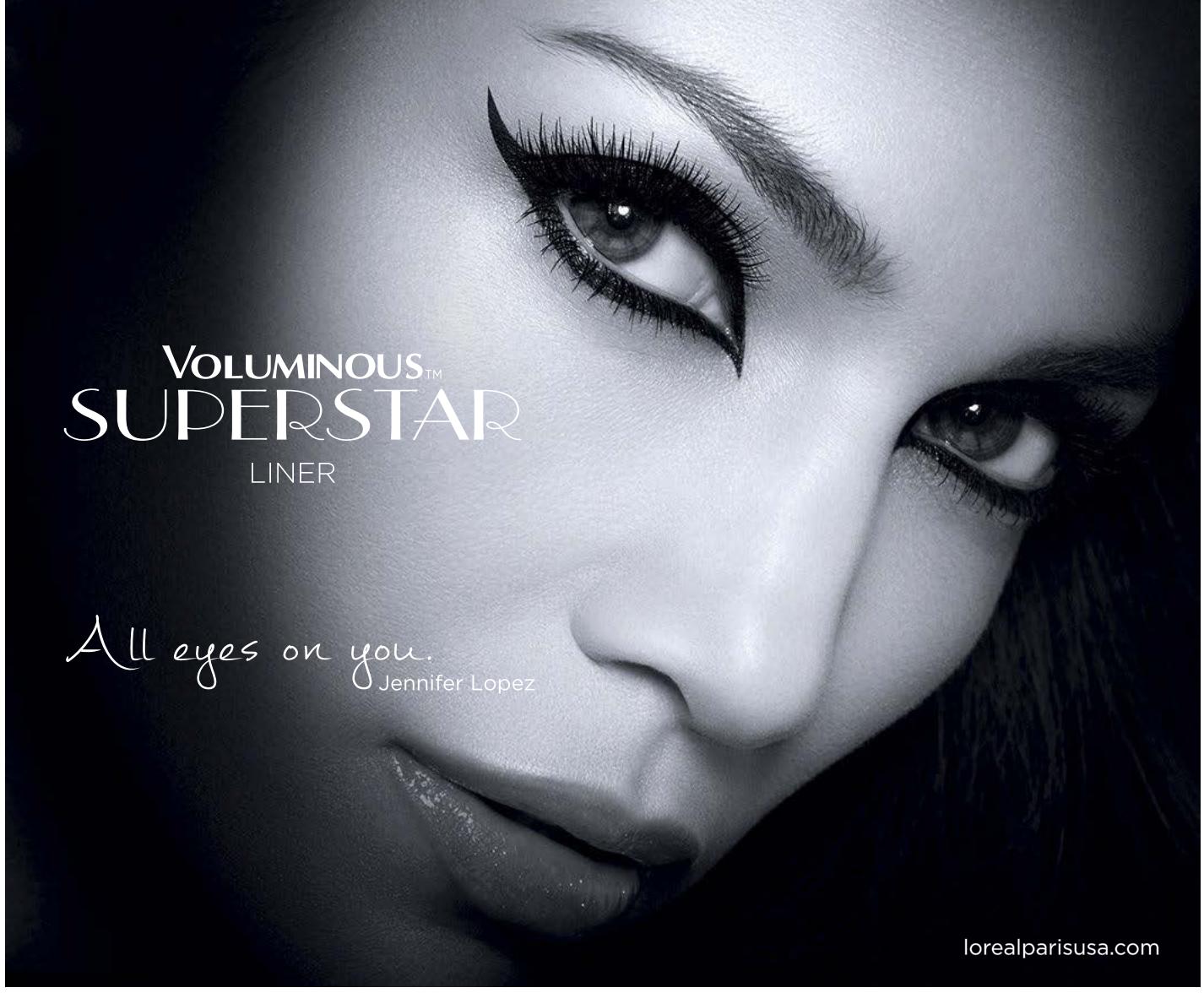
The most
surprising thing
that I own:
crystals

Favorite KUWTK
moment:
all the
family trips

My biggest turn-off:
negativity



Kylie Jenner
XO



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LINER

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Jennifer Lopez

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IN A SINGLE STROKE

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NEW



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MAKEUP DESIGNER/PARIS

Kourtney Mary Kardashian

Nicknames:
Kourt, Korky,
The Queen



The best
relationship advice I
ever got was from:

Khloé

Who said:
Everyone has
something, nobody
is perfect



Everyone in
my family teases
me about:
Having a monotone
voice, being short

The last thing I
watched on my
DVR or online:
Food, Inc.

Pet peeve:
What isn't?
Rudeness, tardiness,
Speaking down to
others, I can go on
and on...LOL



I feel sexiest when:
Licking an
ice cream cone

Favorite KUWTK
moment:
When my children
were born. We
filmed it ourselves
(I didn't have a crew
in the room).
It was too magical
not to share

Here's what people
always get wrong
about our family:
That we don't have
any private
moments or that
we don't need
privacy

Favorite cocktail:
Champagne or
a margarita



My best trait is:
Patience and
honesty

Launched





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Kristen Mary Jenner

Nickname:
Lovey



Favorite cocktail:
anything
that involves
Vodka

My mantra:
If someone
says no,
you're talking
to the wrong
person

The last thing I
watched on my
DVR or online:
Dateline,
I'm obsessed



The thing I'm
most proud of is:
my amazing
fabulous delicious
children and
grandchildren...
they are my heart
ok, and my
yummy brownies



My happy place:
Paris or
Mexico. or my
Kitchen

Here's what people
always get wrong
about our family:
that we don't
spend time with
Bob (of course we do)

Kris
Mary
Jenner





Khloé Alexandra Kardashian

Nickname:

Ko Ko
KhloMoney

This year,
I'm thankful for:
Gunnar Peterson
- my trainer

Pet peeve:
Chewing with
your mouth
open

Everyone in my family
teases me about:
My Camel toe.
We named her
Camille the
Camel



The best thing my
mom ever taught me:
Always wear
matching bra
and panties in
case you are
ever in an
accident



The key to getting
over a breakup is:
look better
naked!*

*Check out Khloé's new
book, *Strong Looks Better
Naked*, available wherever
books are sold November 3.

Khloé

Kendall Nicole Jenner

Nickname:

Kenny/Ken/Kenya

I overuse this word:
like/wild

Favorite
Thanksgiving food:
sweet potato
souffle



First celebrity crush:
Mike Vitar

Favorite *KUWTK* moment:
anything involving Rob
and Scott fighting
or being goofy



My first kiss was:
on a trampoline

How I'm going to
celebrate my birthday:
probably singing
Karaoke

Kendall



TRUE MATCH

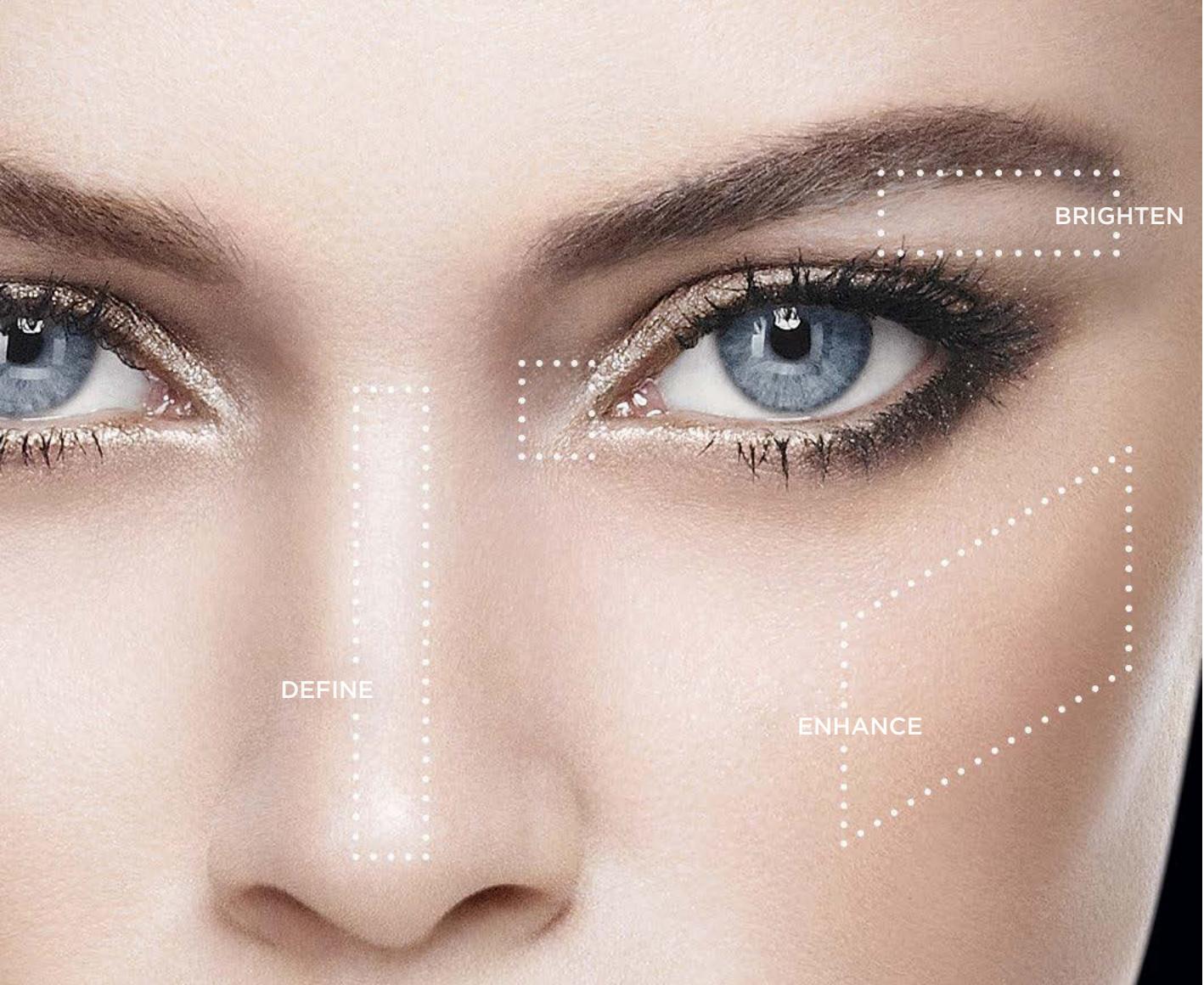
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CONFESSIO—

EDITED BY
MARINA KHIDEKEL

YOU REVEAL
YOUR MOST
EMBARRASSING,
RIDICULOUS,
WHAT-WAS-I-
THINKING
MOMENTS.

1

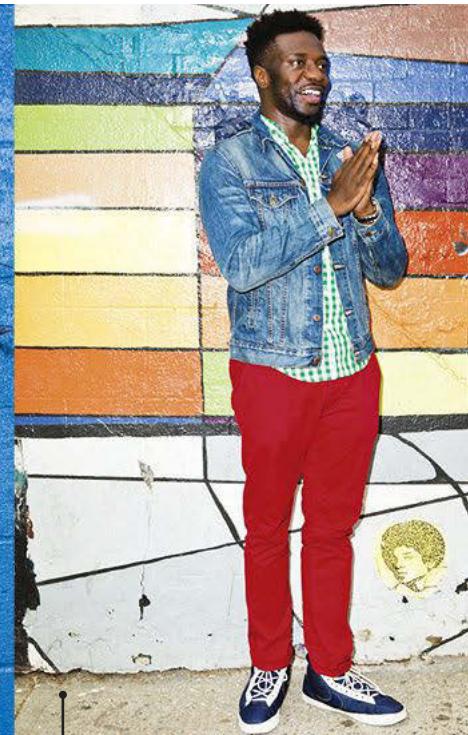
“On Sunday nights, I do face masks. They’re bright blue or green, and I look like a demon with them on. I scare food-delivery people when I answer the door.”

—EMILY F., 28, BUYER, CHICAGO, IL

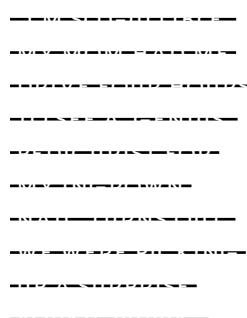


PHOTOGRAPHED BY MEREDITH JENKS
REPORTED BY EMILY C. JOHNSON

• “I LOST MY VIRGINITY IN A BED OF POISON



3



—ANNIE A., 21, TV ASSISTANT, LOS ANGELES, CA

•

“I SPEND EVERY DAY AT MY JOB PRETENDING TO DO STUFF, BUT I’M ACTUALLY READING JOHN GREEN BOOKS ON MY KINDLE.”

—JAMIE O., 21

• 5
“EVERY TIME I SING IN THE SHOWER, MY DOG HOWLS AND SCRATCHES AT THE DOOR IN PROTEST.”

—GEETA A., 34, PHYSICIAN, NEW YORK, NY

• 6 GUY CONFESSION

“I LIED ABOUT MY VIRGINITY UNTIL I FINALLY LOST IT AT 22. I WOULD MAKE UP STORIES ABOUT SEX I WASN’T HAVING.”

—ROB S., 27, SOCIAL-MEDIA MANAGER, BROOKLYN, NY

7

I went hiking with my boyfriend on some deep wooded trails. We were both getting flirty, so I walked ahead of him and pulled down my shorts to show him my booty. Unfortunately, he wasn’t the only one looking. Another couple had just walked up behind us and saw my entire ass.” —HALEY J., 20

IVY. THAT WAS FUN."

—HEATHER C., 21



“

11 “I love the smell of gasoline. I inhale so deeply every time I'm at the gas station that it has to be toxic.”

—MILAN S., 31

12 “I spent half an hour meticulously gluing on fake nails before a date. While we were eating, one of them flew off and landed in the guy's mashed potatoes. I felt so bad that I paid for the whole dinner.”

—JENNIFER J., 27

13 “I have three dogs, and I secretly don't like any of them. I want a cat.”

—ELAINE H., 22

14 “Sometimes at work, I call down to IT and pretend my computer is broken just to flirt with the cute tech guys.”

—KELLY G., 21

15 “The last night of college, I slept with this guy, and afterward, we couldn't find the condom. When I got home the next day, my mom offered to do my laundry. An hour later, she told me she'd found a condom in my sheets. She looked like she had seen a ghost. Ugh.”

—KIMBERLY C., 26

8

“AS I WAS CHECKING OUT A GUY, I MISSED A CRACK IN THE SIDEWALK AND FELL. ALL THESE PEOPLE RUSHED TO HELP, BUT HE DIDN'T. LAME.”

—ASHLEY E., 28, ASSISTANT STYLIST, BROOKLYN, NY

9

GUY CONFESSION

—COBY L., 19, STUDENT, HARRISON, NY

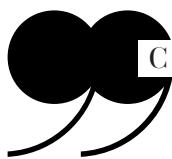
10 CELEB CONFESSION



“I was in an airport taxi line. This man comes up to me and says, ‘Ma'am, would you like a ride in a town car?’ And I'm like, ‘Perfect! Thanks.’ Then a cop rolls up and cuffs the man. The cop's like, ‘We're trying to put a stop to this. He would've charged you \$500.’ I felt responsible for getting him arrested. I was beet red, and I couldn't wait to leave because I was like, everybody probably thinks I'm a criminal or an undercover cop setting this guy up.” —MARIE AVGEROPOULOS, THE 100, THE CW



DON'T MISS NEXT MONTH'S
CONFESIONS, ON SALE NOVEMBER 10



CONFESSIONS

Worst Dates Ever

"We were out dancing at a club, and my date got upset because she thought I was dancing with other people too much and ignoring her. She left, and when I got home, she was sitting on my doorstep. Stalker!"

ANNA V., 25

"Our date was going so well that I literally thought he could be the one. Then as he was driving me home, we stopped in front of his house. He turned to me and said, 'I'm actually married and looking for a threesome—want to tell my wife you'll be joining us tonight?'"

BECCA M., 20

"He spent 15 minutes telling me about his ex's boob job. Enough said."

KAITLIN H., 23

"He invited me to a movie but neglected to mention that he was the projection guy. I wasn't allowed in the projection room, so I had to watch the two-and-a-half-hour movie by myself."

MANDY R., 36

"He asked me if he could finger me to 'concentrate better' on the movie we were watching. I went to the bathroom and never came back."

ERINN T., 21

"During our first date, he aggressively tried to get me to go home with him. I refused. As I was walking away, he yelled, 'What are you... a lesbian?'"

NICOLE W., 26

DOUCHE-O-METER



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Did you know . . .

The condition of your skin's surface layer is directly linked to how healthy, radiant and youthful your skin looks? When its surface layer is damaged, your skin may not be able to retain moisture, use its natural defenses to protect itself, and ultimately loses the ability to renew itself.

Arden Active Skincare introduces SUPERSTART Skin Renewal Booster, designed to boost skin's natural ability to repair and renew.

THE POWER OF ONE

This ultra-light, fast-absorbing formula works holistically to restore the healthy appearance of your skin's surface layer for supple, smoother, more resilient and radiant skin.

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A probiotic complex optimizes skin's microflora to strengthen its natural defense.

82% of women agree that SUPERSTART makes their skin more resilient and resistant to irritation and damage.*



Boosts your skin's ability to renew

Sea fennel and flaxseed extracts reinforce the integrity of the skin's barrier, fortifying its natural ability to repair and renew.

92% of women agree that SUPERSTART helps repair the look and feel of damaged or irritated skin.*



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Used before a serum or moisturizer, it boosts the effectiveness of your skincare products.

95% of women agree that SUPERSTART boosts the effectiveness of their skincare products.**

THE POWER OF TWO

SUPERSTART Skin Renewal Booster can dramatically improve the results of your anti-aging products. It is proven to boost the effectiveness of your anti-aging skincare products in supporting skin's natural collagen, elastin and hydration, all of which are crucial to your skin's renewal.***



SUPERSTART + PREVAGE® = Boost Protective and Corrective Anti-Aging Power

Apply SUPERSTART Skin Renewal Booster before your PREVAGE® serum for better results in reversing the signs of aging skin such as lines, wrinkles and uneven skintone caused by environmental assaults.

SUPERSTART + Ceramide = Boost Youth-Restoring Power

Apply SUPERSTART Skin Renewal Booster before your Ceramide Capsules Daily Youth Restoring Serum to support your moisture barrier for smoother, firmer, more resilient-looking skin.



*Based on US home use consumer test on 89 women ages 25-59 after 8 weeks.

**Based on US home use consumer test on 62 women ages 25-59 after 8 weeks.

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***Based on ex-vivo test comparing the effectiveness of top-selling Elizabeth Arden anti-aging serums when used alone vs. when used in combination with SUPERSTART Skin Renewal Booster. Results may vary by product.

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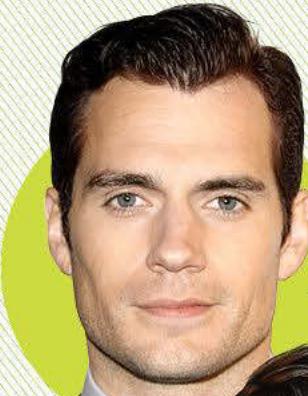
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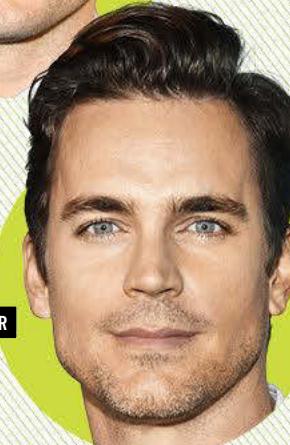


HENRY CAVILL



*The Man of Steel
or the buns of
steel? Tough call.*

MATT BOMER



*Mad Max +
man bun = Logan
Marshall-Green.*

TOM HARDY



LOGAN MARSHALL-GREEN



DOUBLE TAKES

The resemblance isn't just uncanny—it's *twin*-credible. Separated-at-birth stars prove lightning can strike twice.

TAYLOR LAUTNER

*One Wizard, one
werewolf...one
serious optical
illusion.*

KRIS HUMPHRIES



SKYLAR ASTIN

SHANNON BROWN



DANE COOK

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like Skylar's
naughty twin.*

*Giving a whole
new meaning
to double
platinum.*

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CHACE CRAWFORD



AUSTIN BUTLER

*Doppelgängers down
to the CW résumés
and the scruff.*

IAN SOMERHALDER





THE RED-HOT RAPPER (AND ARIANA GRANDE'S EX) TALKS A BIG GAME, BUT HE'S REALLY A LOVE-AND-LET-LIVE KIND OF GUY.

• **THE EX FACTOR** "I don't have the time or energy to hate anybody. I've learned that the best way to move on is to be 100 with yourself. You've got to boss up, shake it off, and keep moving."

• **GET MINE, GET YOURS** "I think it's crazy that a lot of women haven't had orgasms. It's terrible! I want her to look forward to it as much as I do."

• **BOY, INTERRUPTED** "My first time, I didn't know what I was doing. My mom came home, so I had to stop and sneak my girlfriend out. My mom never knew. But she will now!"

• **SAY IT LOUD** "The thing about sex is you've got to be vocal, even if it's awkward. You don't want to be the guy who thinks he's doing it right when he's really messing it up."

—RACHEL MOSELY

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SKIRT FROM LEFT: GETTY IMAGES; GONZALO/BAUER-GRIFFIN.COM; ACE/INFOPHOTO.COM; MYCHAL WATTS/WIREIMAGE/GETTY IMAGES; DRESS FROM LEFT: GETTY IMAGES; SPLASH NEWS; MYCHAL WATTS/WIREIMAGE/GETTY IMAGES; SHIRT IMAGE: JACQUI HOLLAND; PLATES: GETTY IMAGES; REEVES/GRIFFIN.COM; SHARPSHOOTER IMAGES/SPLASH NEWS; SPLASH NEWS (2). SHARPSHOOTER IMAGE/SPLASH NEWS; JOCE/BAUER-GRIFFIN.COM; BAUER-GRIFFIN.COM; SHARPSHOOTER IMAGES/SPLASH NEWS; SPLASH NEWS (2).



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A close-up photograph of a woman's face. She is holding a large, shiny red Christmas ornament (resembling a bauble) over her right eye with both hands. Her dark brown skin, curly black hair, and bright red lips are visible. She has a warm, smiling expression.

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EXPERTS IN
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PET PROJECTS



Insta star Marnie the Dog's new *I'm a Book*, in which the 12-year-old adoptee tongues at your heartstrings.



SORRY, THIS FUR BABY'S TAKEN!

Lena Dunham and Whitney Cummings Instagram pups who need homes; give us the warm and fuzzies.

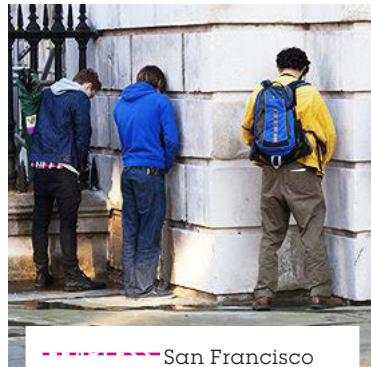


Sounds shady: Fears of black pets being aggressive and/or cursed means they're adopted less.

TINKLE, TINKLE, LITTLE STAR



Tap the drunkies! Danish musicfest's Piss to Pilsner project recycles attendees' pee to fertilize barley for beer.



San Francisco installs new city walls with pee-repellent paint. Public leakers: ur-ine trouble!

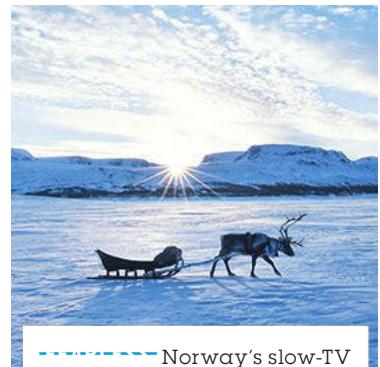


When taking a whiz turns deadly: Too much urine causes a lamppost collapse in San Fran.

SLO-MO YOUR ROLL



Watch out, *Shake Puppies*: The new *Shake Cats* show how whipping your fur back and forth is really done.



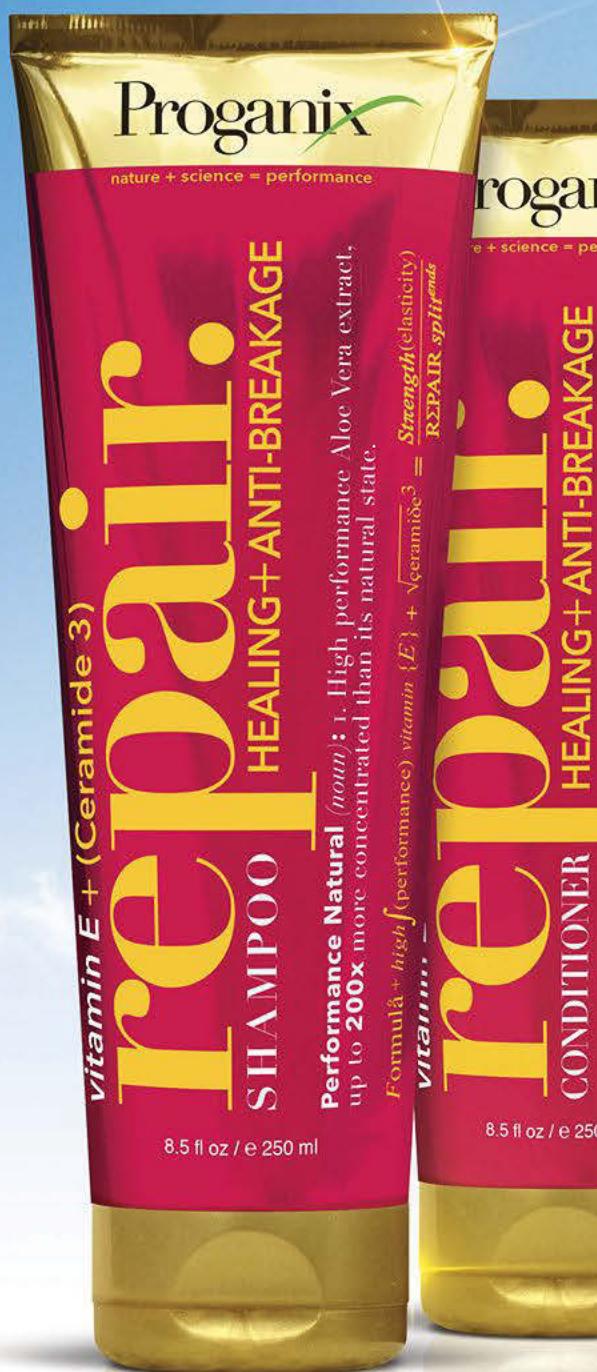
Norway's slow-TV craze spreads: BBC to add to its "unhurried programming" with a real-time sleigh ride.



FAIL Giving sweet cheeks an even grosser meaning: slo-mo vid "Hot Girl Shot in the Butt With Gummy Bears."

PET PROJECTS, FROM TOP: COURTESY SHIRLEY BRAHAN; BAUER-GRIFFIN.COM; GETTY IMAGES; TINKLE, TINKLE, LITTLE STAR, FROM TOP: GETTY IMAGES; REDBOTTLEDEMOTIX/CORBIS; COURTESY KIVU; SLO-MO YOUR ROLL, FROM TOP: SHAKE CATS BY CARLI DAVIDSON (HARPER DESIGN); GETTY IMAGES; YOUTUBE.COM; GETTY IMAGES [2].

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Performance Natural (noun): 1. High performance Aloe Vera extract, up to 200x more concentrated than its natural state.

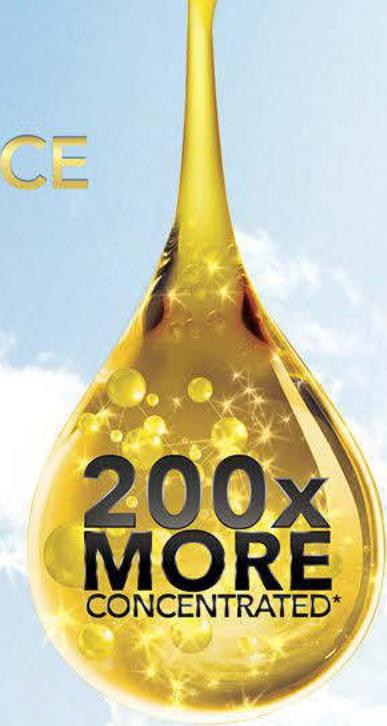
Formula + high (performance) vitamin {E} + $\sqrt{\text{ceramide}^3}$ = $\frac{\text{Strength}(\text{elasticity})}{\text{REPAIR split ends}}$

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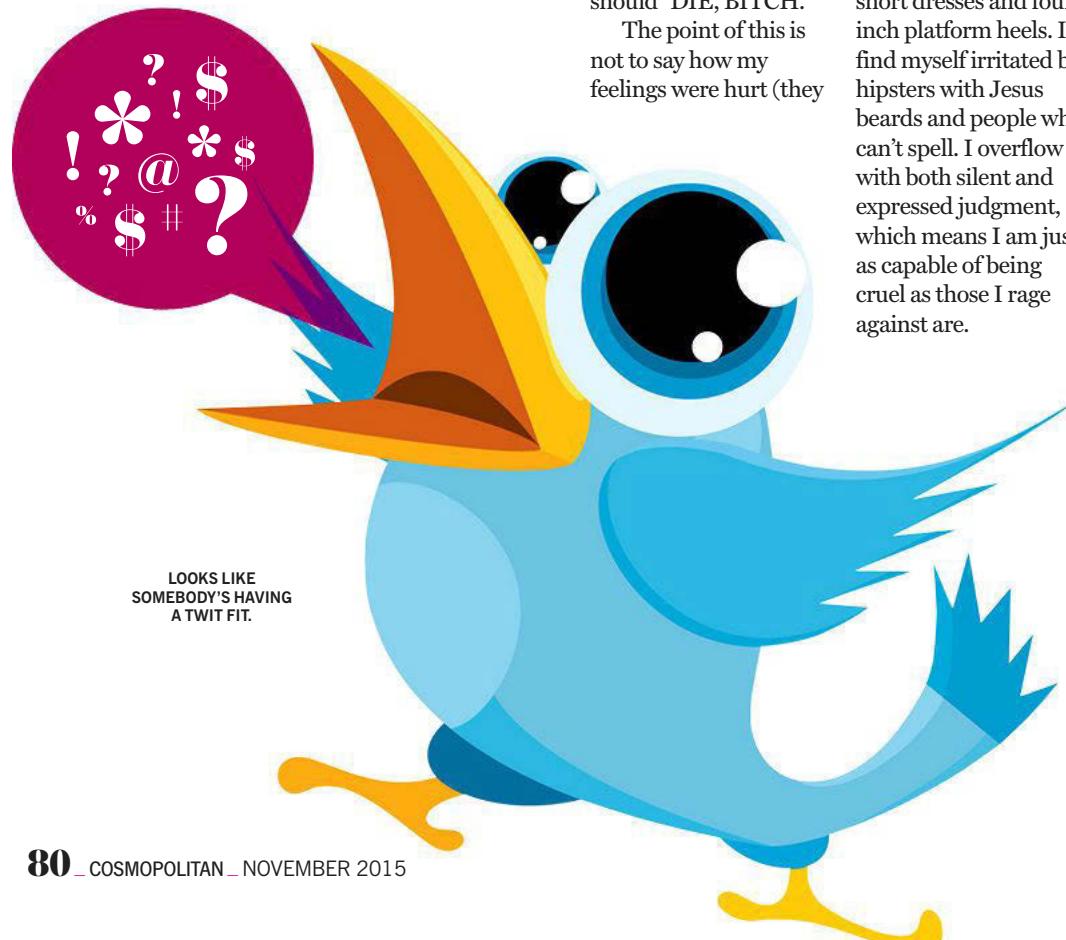
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Are You Riding the Hate Train?

WHEN THE VAMPIRE DIARIES CO-CREATOR AND EXECUTIVE PRODUCER JULIE PLEC FOUND HERSELF UNDER ATTACK ONLINE, SHE RECONSIDERED HER BATTLE PLAN IRL.



SIX MONTHS AGO, Nina Dobrev revealed that she was leaving *The Vampire Diaries*. The shock, tears, and rage among fans were understandable and expected. But what I never saw coming was the anger directed at *me*. I was the enemy... the devil. I had taken something very special from them, and they wanted me punished. Suddenly, I found myself on the receiving end of a social-media hate campaign.

"You're fat." "No one will ever love you." They renamed me Julie "Plague" and pasted my head onto the body of the Hulk, tweeting what a disgusting creature I must be. I was sickened and stunned. This character I'd helped create and shaped to be adored was being used against me as proof of why I should "DIE, BITCH."

The point of this is not to say how my feelings were hurt (they

were) or how unfair it is that people can insult others under the guise of anonymity (it is) or how social media has become a violent minefield (it has). Rather, the point is that I learned something about myself as I was being bullied: I can also be a Mean Girl.

I realized that I get pleasure when I'm told "don't listen to the haters, they're losers in their moms' basements." I imagine these "losers" and feel better about myself. Their insults hurt less if I label them "pathetic." I diminish their value in order to protect mine. I noticed that I'm quick to make a joke at someone else's expense. I want them to laugh. Share in the private joke. If I win their approval, my self-esteem grows. I judge girls in supertight, short dresses and four-inch platform heels. I find myself irritated by hipsters with Jesus beards and people who can't spell. I overflow with both silent and expressed judgment, which means I am just as capable of being cruel as those I rage against are.

As a result of this discovery, I decided to shift the way I looked at the world—to eye everyone (even the most vicious haters) through a prism of compassion, kindness, and understanding. Is the "loser in the basement" just angry because she has no one to talk to about how alienated and bored she is in this frustrating world? Am I just jealous that the girl in the too-tight dress isn't afraid to show off her curvy body when I feel like I'm not attractive unless I hide mine?

Daily, I visualize the smart-ass troll who lives deep in my subconscious, and I pelt him with rainbows and unicorns. I fight a battle against my judgmental thoughts. And when an opportunity arises to gain acceptance or popularity at the expense of someone else, I zip it. It's not easy. Hollywood, Twitter, our friends—they all contribute to a community of snark. The more we engage in the way that everyone else engages, the more followers, Likes, and RTs we get. But we can't rail against the cyberbullies without acknowledging what we also contribute to a culture of cruelty. As you live your life and accumulate friends, both IRL and on social media, ask yourself: Are you a bully too? If so and the urge to strike out hits, imagine something that makes you smile (punk rock, Popsicles, glitter bombs), and let the snark stop there. ■

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HEARTS TO FALL IN LOVE."

J. LUKE, WRITER

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Top Coats

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4



5



6



3



military

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4



5



6



CLOCKWISE FROM TOP: PANDORA SYKES.COM; AIMEE SONG/RYAN CHUA/SONGOFSTYLÉ.COM; WALKINWONDERLAND.COM.

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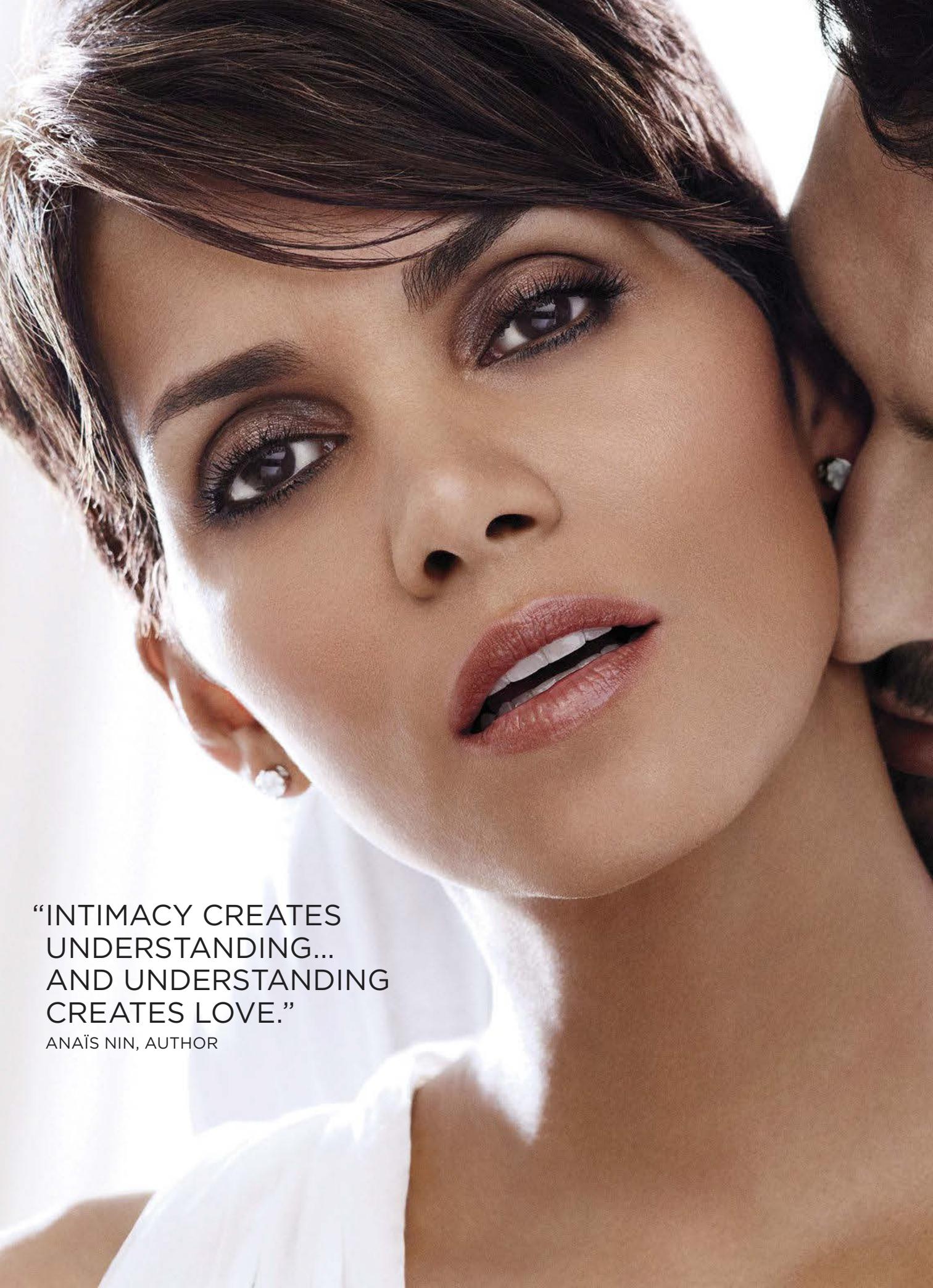
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AND UNDERSTANDING
CREATES LOVE.”

ANAÏS NIN, AUTHOR



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*look
hot
tonight*

PLAID & LEATHER

THE HOTTEST IT COUPLE? TOUGH LEATHER AND PREPPY PLAID. FULL OF ATTITUDE AND EDGE, THESE OPPOSITES ATTRACT FOR A LOOK THAT HAS GRUNGE GOING GLAM.



CONCERT CHIC

A mixed-media jacket and sparkly accessories punk up the volume.

JACKET, Paige, \$698, [bloomingdales.com](#). **PANTS**, Marc by Marc Jacobs, \$548, [Nordstrom](#). **SHOES**, Etienne Aigner, \$475, [etienneaigner.com](#). **CLUTCH**, Kate Spade New York, \$228, [katespade.com](#)

(P)LAID BACK

Clean lines and studded extras give the look sophisticated polish.

VEST, Thakoon for DesigNation, \$120, [kohls.com](#). **JEANS**, Miss Me, \$99.50, [dillards.com](#). **SHOES**, Aldo, \$100, [aldoshoes.com](#). **BAG**, Zara, \$49.90, [Zara](#)

DRESS TO KILT

A flannel over a leather mini gives an effortless all-nighter vibe.

TOP, Lisette L Montreal, \$83, [lisettel.com](#). **SKIRT**, American Apparel, \$56, [americanapparel.net](#). **SHIRT**, Hollister Co., \$39.95, similar styles available at [hollisterco.com](#). **SHOES**, GX by Gwen Stefani, \$129.95, [Nordstrom](#). **EARRINGS**, Michael Kors, \$125, [michaelkors.com](#)

CHECK MATES

Mix plaid prints and match with a metallic clutch for your go-to cocktail attire.

DRESS, The JetSet Diaries, \$169, [thejetsetdiaries.com](#). **BELT**, Bebe, \$69, [bebe.com](#). **SHOES**, Lulu*s, \$30, [lulus.com](#). **CLUTCH**, Marciano, \$128, [marciano.com](#)



IT'S THE STOPS
THAT INSPIRE
US TO GO.



Toyota Camry | toyota.com/camry

Prototype shown with options. Production model will vary. ©2015 Toyota Motor Sales, U.S.A., Inc.



TOYOTA

Let's
Go
Places



FROM TOP: VINCE CAMUTO,
\$198, Nordstrom. MILLY,
\$365, amazon.com/
fashion. KATE SPADE NEW
YORK, \$298, Macy's

Handle It!

Taylor Swift never leaves home without one on her arm. Structured top-handled carryalls scream "boss lady" from boardroom to brunch.

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NOW
DOUBLE
NOURISHING
**BETTER
COLOR**

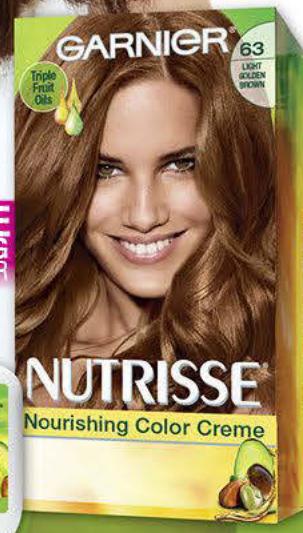
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MORE?
YOU GOT IT!”

— TINA FEY IN #63

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SORIN CERIN, PHILOSOPHER

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*Based on Revlon® ColorStay™ unit sales from Nielsen Scantrack: Color Cosmetics for 52 weeks ending 2/21/2015. All Outlets Combined. © 2015 Revlon

STYLE



BEANIE,
American
Eagle
Outfitters,
\$24.95,
[ae.com](#)

BOOTS,
ShoeDazzle,
\$39.95,
[shoedazzle.com](#)

FUN, FEARLESS FINDS

UNDER \$50

Go ahead and give in to the urge to update your fall wardrobe with a key piece (or 10!) that won't blow your budget.

SWEATER,
Forever 21,
\$29.80,
[forever21.com](#)

WATCH, Nine
West, \$49,
[amazon.com](#)

TURTLENECK,
XOXO,
\$49, Macy's

VEST, Decree,
\$39.99,
[jcpenney.com](#)

PONCHO,
American
Eagle
Outfitters,
\$39.95,
[ae.com](#)

SKIRT,
Forever
21,
\$29.80,
[forever21.com](#)

JEANS,
GoJane,
\$39,
[gojane.com](#)

BAG, Lulu*s,
\$41, [lulus.com](#)

WIN

THERE'S NO SUCH THING AS TOO MANY JEANS. FOR THE CHANCE TO WIN A PAIR FROM GOJANE, GO TO [COSMOPOLITAN.COM/GOJANEJEANS2015](#)



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The
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Silky
Shiny
Hair

Using the Silk Express Collection
from It's a 10 Haircare



1

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4

STEP 1 MIRACLE SILK SHAMPOO

Silky, smooth hair starts in the shower. To create lustrous shine while enhancing manageability, massage throughout hair and rinse.

STEP 2 MIRACLE SILK HAIR MASK

With help from the collection's signature silk ingredient, eri, this mask instantly detangles hair, imparts silkiness and locks in moisture. Just work into hair for one to three minutes after shampooing, then rinse.



STEP 3 MIRACLE SILK CONDITIONER

This time-saver in a bottle will literally cut your drying time in half. For vibrant and voluminous hair, apply after mask all over hair then rinse thoroughly.

5

6

STEP 4 MIRACLE SILK SMOOTHING BALM

Detangle and lock in that silky look by applying this balm to wet hair after conditioning.



STEP 5 MIRACLE SILK LEAVE-IN

For the ultimate frizz-free, voluminous look, nourish your hair with this restorative, styling leave-in treatment and benefit from silky, shinier hair and strengthened strands.

STEP 6 MIRACLE SILK INTENSIVE HAND CREAM

For equally smooth and silky skin, massage this soothing cream into your hands to reveal a younger, healthier and more revitalized appearance.



To watch behind-the-scenes footage of how to create this look and more, visit Itsa10Haircare.com

STYLE



JACKET, Armani Exchange, \$500, armaniexchange.com. TURTLENECK, H&M, \$49.99, hm.com. SKIRT, Forever 21, \$27.90, forever21.com

SHOES, Sperry, \$165, sperry.com

Q/ I am obsessed with lace and love wearing it in the summer, but how do I incorporate it into my wardrobe with the colder fall temps?

—BRITTANY HENNING, 23

A/ Dear Lace Lover, typically, "summer" fabrics like lace are easy to transition to fall by layering. A gorgeous white lace skirt looks great with a short leather jacket, fitted turtleneck, ribbed wool tights, and ankle boots. Mix heavy and light fabrics to get more use and value out of those lovely summer pieces year-round.



OLIVIA PALERMO

ASK STACY

Style expert and star of TLC's *Love, Lust, or Run* Stacy London takes on all your #FashionProblems.

Q/ How do I transition my go-to leggings-and-riding-boots look from leisure into a work outfit? I hate not being able to wear it in a corporate setting.

—ELLE CANTALANO, 21

A/ Dear Horse and Hound Reader, skinny leggings with riding boots and a well-fitted jacket aren't exactly out of bounds at the office, but you don't want to look like you just dismounted a horse. The pieces work separately but together might look too literal. Avoid leggings with the thigh-chafing suede patches, and try a heel or men's brogue for a modern twist.



SHOES, The Frye Company, \$248, thefryecompany.com



WHAT IS AN EXAMPLE OF SOMETHING I COULD SAY MY FRIEND'S DAD'S BIRTHDAY IS RESPECTFUL WHILE ALSO SAYING MY MAN?

—KARA O'CONNOR, 21

A/ Dear Respectful But Impressive, there are three choices for this dual-needs situation. First, a killer dress that looks effortless and fits your body perfectly in an eye-catching print. If you feel like a dress is too prissy and fancy, try a jumpsuit with heels. Finally, I love a skinny (p)leather legging with an untucked silk blouse and a blazer, which is anything but stuffy.



DRESS, Lands' End, \$79, landsend.com. SHOES, Sam Edelman, \$99.95, nordstrom.com

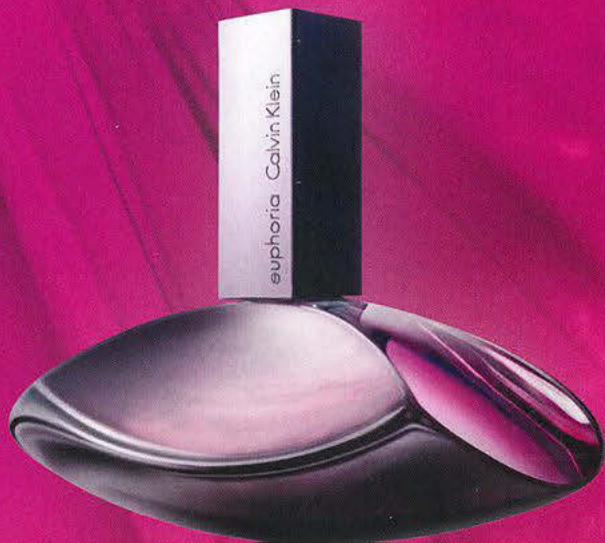
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EDITED BY
LEAH WYAR

BEAUTY

The Future Is Now



BEAUTY FORMULAS
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THAN YOU CAN SAY
“CUTTING-EDGE
SKIN SMOOTHER!”
HERE, THE CURRENT
CROP OF
BREAKTHROUGHS
PLUS PRO
PREDICTIONS ON
WHAT’S NEW
AND NEXT.
FIRST UP: NAILS.

BY LAUREN BALSAMO

3 Next-Gen Gels

Gel Polish

True gels (pro or DIY formulas) last about three weeks and require no dry time, as each layer (top, color, and base coat) is cured to a hard finish via a UV or LED light.

GAME CHANGER: Red Carpet Manicure's gel polish cures to a perfect finish in only one coat (no base or top required) with an LED lamp in 45 seconds.

1 RED CARPET READY One-Step Polish in Break a Leg, \$13 (LED lamp, \$49), ulta.com



Gel Hybrid

These systems deliver high-shine color that lasts about a week—no curing necessary. The secret: photo-initiators that react to natural light, bonding color and shine. A true hybrid's top coat comes in an opaque (usually black) bottle—bottom too—to keep out light, which would harden it.

2 SALLY HANSEN Miracle Gel Top Coat, \$10, drugstores

3 SALLY HANSEN Miracle Gel (shown here in Flashionista, while supplies last), \$10, drugstores

4 OPI Infinite Shine Gel Effects Top Coat Lacquer \$12.50, Ulta

5 OPI Infinite Shine Gel Effects Lacquer in Wild Blue Yonder, \$12.50, Ulta



Gel-Effect Lacquer

Think of these as suped-up nail polishes and top coats. They mimic the thickness and high-shine of a gel mani but lack the extra longevity.

6 ESSIE Gel Setter, \$10, essie.com

7 NAILS INC Gel Effect Polish in Hyde Park Court, \$15, nailsinc.com



NO LIGHT NEEDED
AT THIS CELEBRATION!



Happy 50th Birthday
COSMOPOLITAN!

xoxo, *Sally Hansen*®

Tinted Base Coat

A must for rocking the barely there nude polish trend: these multicolored primers, which neutralize nail discoloration. Find a perfect match for your nail beds with Zoya's (right). Even cooler: Deborah Lippmann's (below) uses sheer violet pigments to cancel out yellow hues.

8 ZOYA Naked Manicure Perfectors in Mauve, Pink, Buff, and Nude, \$9 each, zoya.com

9 DEBORAH LIPPMANN Genie in a Bottle, \$20, sephora.com

INSTANT INSPO

Get your daily dose of mani porn by following...



@PaintboxNails
for the season's most covetable and curated nail-art designs.



@NaomiNailsNYC
for OTT celeb nail art (she tricks out Madonna's nails!).



@JinSoonChoi
for her original Fashion Week looks in real time.

FUTURE FORECAST WITH...

Julie Kandalec, a staple at NYFW and creative director of NYC's Paintbox Nail Salon

Q Let's talk about nail art—where do you see it going?

A During my recent trip to mani-mecca Seoul, I got a glimpse, and it's all about chic, fuss-free looks. My favorites: linear graphics, tone-on-tone manis (painting a different shade of the same color family on each nail), and wearing two different (but complementary) polish shades on each hand.

Q What's next for nail color?

A We're definitely shifting away from chunky glitters and more toward high-sheen opalescent finishes, like crushed pearl and cellophane.

Q Any groundbreaking treatments we all need to try?

A IBX. It's a two-step pre-mani treatment (about \$15) that heals weak nails. The first step fuses keratin into the upper layers of the nail via heat from an LED light. The second is a spot treatment to fix white marks, ridges, and peeling.

Q If you could invent any nail product, what would it be?

A A full-coverage nail form to create perfectly sculpted nails in seconds. It would easily mold into trendy shapes like the stiletto or the square-tip, and you could pop it right into place.

9



Nail the look with Terra-Coppa,
Per-Suede and Cream of the Crop

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ManiMatch™ app to virtually
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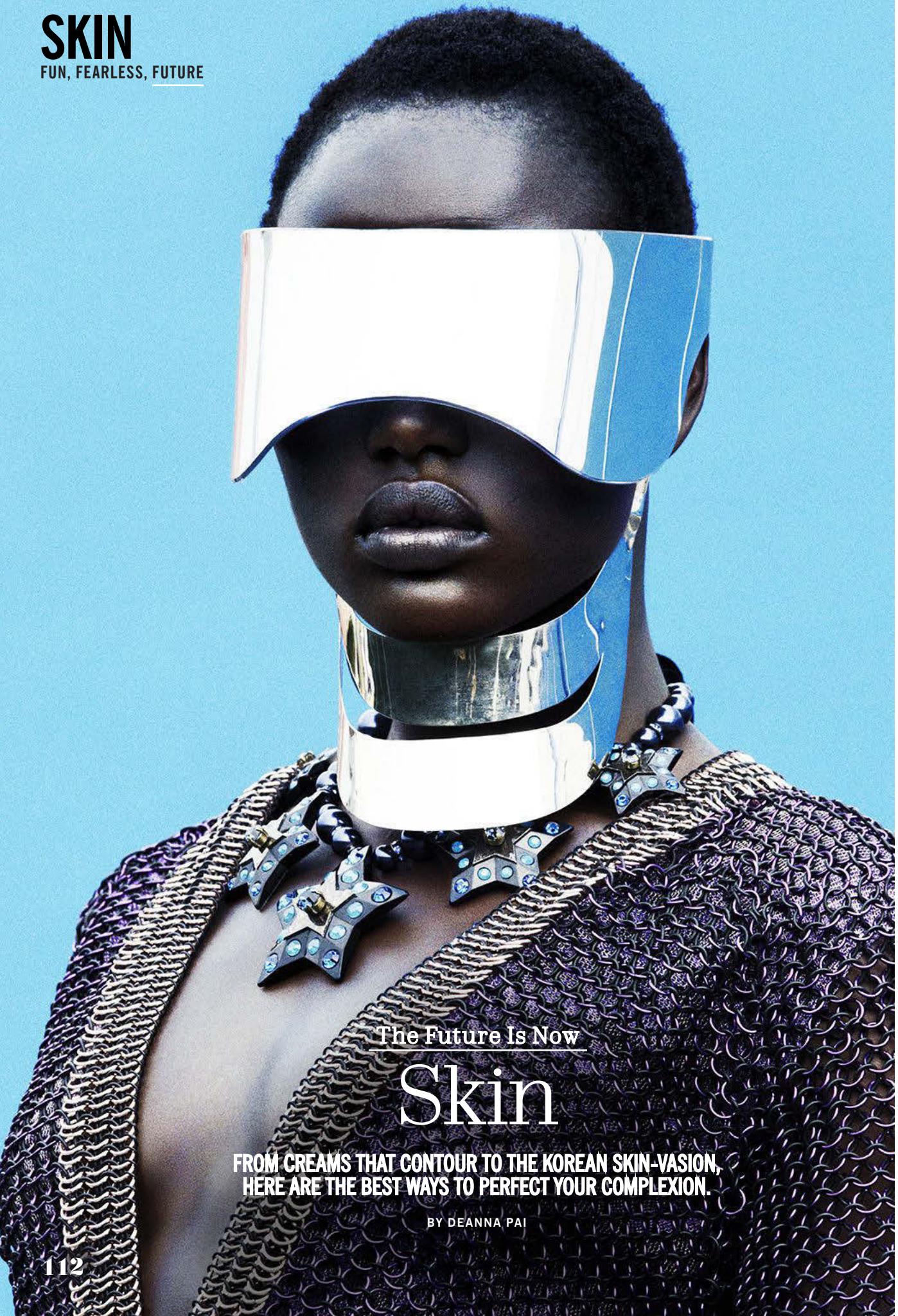
Per-Suede

Terra-Coppa

Buffalo Nickel

SKIN

FUN, FEARLESS, FUTURE



The Future Is Now

Skin

FROM CREAMS THAT CONTOUR TO THE KOREAN SKIN-VASION,
HERE ARE THE BEST WAYS TO PERFECT YOUR COMPLEXION.

BY DEANNA PAI

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CHEERS TO COSMO FOR
50 YEARS OF FEARLESSNESS!

Introducing: Pre-Serum

Just as a dry sponge is pretty much useless until you dampen it, skin better absorbs products if you first prime it. Moisturizing toner works, but if you're already a fan of Elizabeth Arden, consider their newbie (right). Clinical studies found up to five times the collagen production when used before the line's Ceramide and Prevage serums.

1 ELIZABETH ARDEN
Superstart Skin Renewal Booster, \$65, elizabetharden.com

1



2



Purity Meets Potency

In natural news, Echinacea GreenEnvy (a super-powered strain of the herb) in Farmacy's serum (below) protects collagen and fades spots, while Grown Alchemist's botanical antioxidant serum (here) neutralizes three types of free radicals (most counteract only one).

3 FARMACY Invincible Root Cell Anti-Aging Serum, \$65, qvc.com



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4



Moringa seed extract in DIOR One Essential City Defense Toxin Shield (\$59, dior.com) protects from pollution.

FUTURE
FORECAST
WITH...



Ni'Kita Wilson, cosmetic chemist and formulator of more than 3,500 products

Q What's the next big skin-care trend?

A Antipollution products. With new studies linking pollution to inflammation, acne, and wrinkles, more brands are paying attention to it. The issue is particulate matter (PM)—microscopic carbon particles from soot and traffic exhaust. PM can sink deep into skin's dermal layer, unleashing collagen-damaging free radicals. And it doesn't just affect city girls. Air quality in rural areas has also declined. Wind moves, so pollution does too.

Night Cream 2.0

Inspired by Asian sleep packs (intense overnight face masks), this treatment combats the dry, dull, crinkly skin synonymous with late nights. The lightweight gel-in-oil formula offers tons of hydration and healing without greasiness.

2 LANÇÔME Visionnaire Nuit Beauty Sleep Perfector, \$88, lancome-usa.com

Q How can we fix it?

A We're focusing on reversing free-radical damage. New ingredients will go beyond traditional antioxidants like vitamins A and E—which only neutralize oxygen-based free radicals (caused primarily by UV exposure) and not pollution's nitrogen-based free radicals.

Q If you could invent anything, what would it be?

A A 3-D printer that can scan an image of your face from when you were young, then feed that info into a machine to produce laserlike injections, restoring collagen, fat, and proteins, all in a customized way that looks natural.

RESULTS *without* *the* PROCEDURE

Micro-Sculpting Cream, formulated with **Hyaluronic Acid, Amino-Peptides** and **Vitamin B3**, hydrates to lift, plump and firm your skin.



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The #1 Anti-Aging Facial Moisturizer*

*52 week unit sales through week ending 5/30/15 US xAOC

OLAY
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Eastern Imports

Korea is the go-to spot for skin-care inspiration stateside. Now with Sephora stocking Korean brands (such as Belif and Tony Moly) and new Korea-specific e-tailers (like Peach and Lily and Glow Recipe), access has never been easier. The coolest finds:

ESSENCES

These tonerlike liquids go on post-cleanse, priming skin so it better absorbs serums and moisturizers.

5 MIZON Mela Defense White Capsule Essence, \$34, peachandlily.com

WATERY LOTIONS

Packed with moisture-magnet actives, these ultra-light moisturizers hydrate as well as heavy creams do.

6 BELIF The True Cream Aqua Bomb, \$38, sephora.com

MODELING MASKS

Mix with H₂O and the algae-rich powder dries to a rubbery texture, so ingredients can't evaporate.

7 LINDSAY Lavender Modeling Rubber Mask, \$6, glowrecipe.com

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RETHINK THE SPA...
...with these innovative ways to relax.
(Bonus: They save time and money!)

Zeel and The Ritualist

(prices vary)

Uber-like apps (Zeel, in six states; The Ritualist in NYC) bring the spa—massages, facials, plus equipment and products—to your home or hotel in a few swipes.

Skin Laundry
(\$65 and up)

This spa (currently in L.A., NYC, and Scottsdale, Arizona) offers one service: a 10-minute, laser-and-light facial, which cleans skin and stimulates collagen. Book one on SkinLaundry.com.

The Peel Bar
(\$50)

Created by NYC dermat Neal Schultz, MD, The Peel Bar (go to BeautyRX.com for NYC locations) offers his signature glycolic-acid peel with an aesthetician for a quarter of its usual cost.

Contour With Lotion

Put down the bronzer—Kendall-worthy angles are possible...from a bottle! The latest creams form an invisible film over skin's surface, pulling it taut and lifting it in the direction you apply it. The effect disappears once you cleanse, but these sculptors also stimulate the production of collagen and elastin, firming skin over time.

8 ESTÉE LAUDER New Dimension Expert Liquid Tape, \$70, esteelauder.com

9 CLINIQUE Sculptwear Lift and Contour Serum, \$29.50, Bloomingdale's

10 OLAY Regenerist Micro-Sculpting Serum, \$26, drugstores

"I WANT TO
GLOW FROM
THE INSIDE OUT."

Katie Holmes

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MAKEUP

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The Future Is Now

Makeup

WHEN IT COMES TO COSMETICS, THE MANDATE IS FASTER,
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BY JESSICA MATLIN

Age defying
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Omegas 6 + 9

Clinically proven to
provide healthier, more
youthful looking lips



MAKEUP

FUN, FEARLESS, FUTURE

Flawless Foundation

Virtually weightless—so ideal for foundation-phobes—serum bases blur imperfections in a second-skin kind of way. And true to their name, they're spiked with complexion-perfecting ingredients, improving your skin's surface with every wear.

1 PERRICONE MD No Foundation Foundation Serum, \$55, [sephora.com](#)

2 DIOR Diorskin Nude Air Serum Foundation, \$53, [dior.com](#)

3 RIMMEL LONDON Lasting Finish 25 Hour Foundation, \$8, [drugstores](#)



BEST NEW TIME SUCKS

Charge up that phone! These apps are perfect for finding your next look or fave new product.

YouCam Makeup
Look into your phone's cam, and choose anything from faux lashes to a full-on look. Within seconds, it's superimposed onto your face, moving with yours as you speak, smize, and selfie.

ShadeScout
Craving Tay-Tay's lip color du jour or a shadow to match your shoes? Point your phone's camera at anything to get an exact product match from this shoppable database.

Move Over, Red Lips

When it comes to a power mouth, the bar has been raised. Eggplant, midnight blue, even emerald green give serious bad-bitch vibes while remaining chic. The key: precision. (If you have a lip brush, use it.) A glowing complexion keeps it from going too goth.

4 MAKE UP FOR EVER Artist Plexigloss in 502P, \$19, [makeupforever.com](#)

5 YSL Gloss Volupte in 209, \$34, [yslbeautyus.com](#)

6 MAC Lipmix in Blue, \$15, [maccosmetics.com](#)

7 TOM FORD Lips and Boys in Liam, \$35, [tomford.com](#)

AIRGASM

No retoucher, no problem! This cordless gun gives you a Photoshop-like finish with one click.

TEMPTU Air, \$195, [temptu.com](#)

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Dry Shampoo

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MAKEUP

FUN, FEARLESS, FUTURE

So Cush

Originating in Korea (the Wonka Factory of the beauty world), cushion technology allows watery formulas, like foundations or lip stains, to be suspended in a sponge then packaged into a spill-proof applicator. The sheer, luminous color is sophisticated, but using these things? Crazy fun.

8 LANÇÔME *Miracle Cushion Liquid Cushion Compact*, \$47, lancome-usa.com

9 PERIPERA *Ah Much Real My Cushion Blusher in Shy Pink*, \$16, urbanoutfitters.com



Simply Smoky

With their crayonlike shape, buttery texture, and intense pigment level, Kajal (aka kohl) liners—an import from India—make sexy, sooty eyes a cinch. Just swipe (lash lines too—they're so creamy and gentle) and smudge.

11 LAURA MERCIER *Kajal D'Orient Eye Liner*, \$28, lauramerclier.com

12 MAYBELLINE NEW YORK *Master Kajal Eyeliner in Navy Night*, \$8, drugstores



FUTURE FORECAST WITH...

Lisa Eldridge, Lancôme's global makeup creative director and YouTube phenom (not to mention one of this year's Fun, Fearless 50, p. 162)

Q Where is the major innovation happening in the cosmetics world?

A Foundation. It used to be so heavy—now it's light and blendable. I'm working on products inspired by Korean trends. There, the ideal complexion is described as a "peeled eggshell." It sounds weird, but it means dewy and translucent.

Q Are there any looks you're over?

A No, it's all about personal taste. If somebody is wearing red lipstick and false eyelashes and they're owning it, I say, "Don't let anybody take that away from you." Why copy anyone else?

Q Besides working with A-listers like Kim Kardashian West and Emma Watson, you have millions of views on YouTube. What do you love about the medium?

A It's not only taught women who were already into makeup how to expertly apply it, but now women who never wore any are obsessed with it!

Q What do you think our makeup bags will look like in the future?

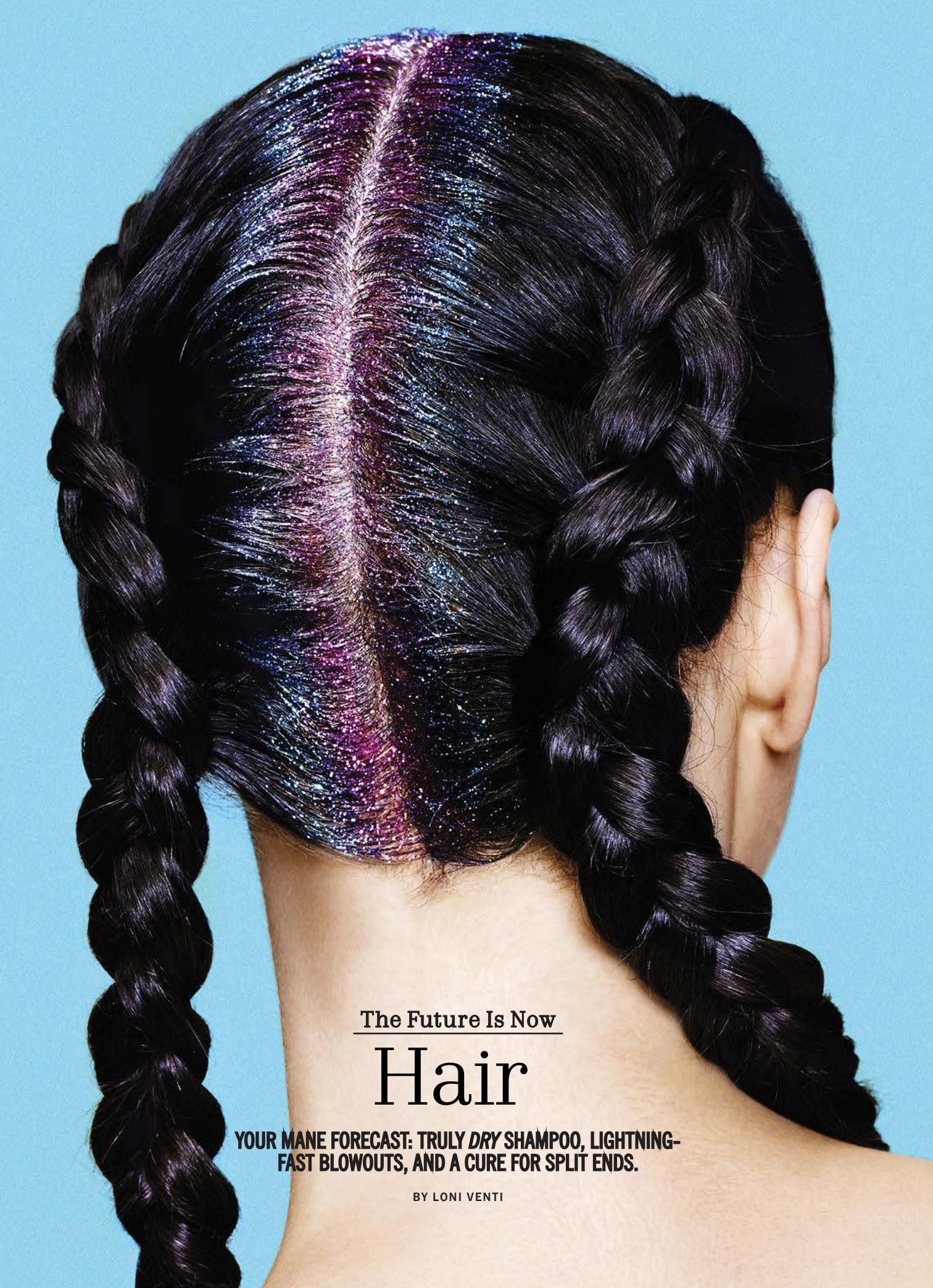
A I think in 20 years, makeup will be foolproof. Expect lipstick that doesn't move but remains moisturizing. A foundation that conceals every pore. Liner that gives you a perfect flick every time. It's only getting better.



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The Future Is Now

Hair

YOUR MANE FORECAST: TRULY DRY SHAMPOO, LIGHTNING-FAST BLOWOUTS, AND A CURE FOR SPLIT ENDS.

BY LONI VENTI

Grow Long!

Split ends can roadblock your lengthy-hair dreams—exactly why you need this newbie. It wraps hair in lipids, sealing up splits (think: a liquid bandage) and preventing new ones from forming. Bonus: It gently exfoliates your scalp to promote hair growth.

1 BUMBLE AND BUMBLE *Full Potential Hair Preserving Booster Spray*, \$60, bumbleandbumble.com



Dry Clean Only (Really)

Instead of loading up hair with powder and perfume, the latest dry shampoo leaves strands looking and feeling freshly washed. In 30 seconds, cleansing particles soak up oil and sweat, then get brushed out, creating a clean slate free of residue.

2 LIVING PROOF *Perfect Hair Day (PhD) Dry Shampoo*, \$22, livingproof.com

2



Blowout in a Bottle

Why blow your dough at the salon when these new stylers can simplify (and speedify!) your DIY #HairGoals?

BEST FOR COARSE HAIR
Heat turns this cream into frizz-nixing oil, then dries to a powder, holding your style in shape.

4 ORIBE Imperial Blowout Transformative Styling Crème, \$68, oribe.com

BEST FOR FINE HAIR
Ionic technology breaks up water droplets, which evaporate way faster than usual.

5 GÖT2B Mind Blowing Xpress Dry Styling Spray, \$6, drugstores

BEST FOR DRY HAIR
The extra conditioning boost leaves hair with the same high-wattage shine you get at the salon.

6 TRESEMME Runway Collection Get Sleek Blow Dry Balm, \$7, drugstores



Air Spray

It took five years to create this water-based formula (because most H₂O sprays make hair wet, then dry to a crunchy finish). Instead, microscopic droplets finely coat hair, which makes this the first spritz to hold style without any stickiness.

3 PANTENE PRO-V *Air Spray*, \$6, drugstores (in stores January)



POUNCE UP

First came scrunchies, then elastics, then ribbon ties. Now the best way to keep strands off your face is the Invisibobble. Sophie Tvede invented the spiral ring after securing strands with a phone cord for a costume party. The next a.m.—after realizing that her do hadn't budged and she was dent- and headache-free—the 'bobble' was born.

INVISIBOBBLE, \$8 for 3, urbanoutfitters.com



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HAIR

FUN, FEARLESS, FUTURE



NOW TRENDING: #AIRDRYDAY

Like #NoMakeupMonday for hair, this social-media movement encourages you to pick a day to take a break from heat styling, then snap a selfie flaunting your au naturel mane. Here to help: new air-dry friendly stylers like John Frieda Dream Curls Air-Dry Waves Styling Foam, \$10, drugstores.

7



SAND-ART HAIR

Crazy brights that blend...like sand art! Use hair chalk for a temp version.

7 SUGAR Streak Hair Chalk, \$15, kohls.com



2015'S SHAG

Sexy, textured, face-framing layers à la Kat Dennings.



Jen Atkin, hairstylist to the stars (she has the Kardashians on speed dial!)

Q Last year, we were all obsessed with the lob. What's the next It look?

A Either blunt, cleavage-length hair—basically a grown-out lob (for those missing their length)—or a softer, sexier version of a shag. It's very flattering, easy to style, and cool.

Q What's new with hue?

A For a bold statement, sand-art-inspired styles will be huge. And ombré is getting subtler. [Treatments like Matrix's SoBlur soften sharp ombré lines. Prices range from \$25 to \$150, depending on the salon—find yours at Matrix.com.]

Q Any cool new styling trends?

A Women are moving away from the same signature look 24/7. They know that heat-styling causes damage, so they turn to YouTube and Instagram for second- and third-day inspiration, like crazy-cool braids or sleeping in a high ponytail for beachy waves. It's all about mixing it up to maintain healthy hair.

Q If you could create any hair product—no matter how crazy—what would it be?

A A supplement that could change your color. Imagine never having to cover up grays or being able to go from jet-black to platinum blonde without frying your hair? We need this ASAP!



7 SUGAR Streak

Hair Chalk, \$15, kohls.com



TORTOISESHELL TRESSES

Try Chrissy Teigen's subtle blend of ombré and highlights.



ALL STILLS: JEFFREY WESTBROOK/STUDIO 6; CLOCKWISE FROM TOP RIGHT: COURTESY OF TERRY RICHARDSON/ART PARTNER; BAUER GRIFFIN



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Pretty in Another City

Sarah Wexler moved cross-country looking for a change, but one thing was holding her back: her look.



NEW ZIP CODE,
NEW MAKEUP
BAG?

THREE YEARS AGO, as an over-worked editor, I left my life in New York City for Portland, Oregon, in hopes of a slower pace and easy access to mountains, rivers, and trees. Days after I touched down, I joined a gym and felt at home around the fit women in cute Nike leggings. But in the locker room, I was startled to notice that so many of these women were sporting bushes to rival those in Portland's Forest Park—a far cry from Manhattan, where many women are as waxed as porn stars.

They also looked different *outside* the locker room—less makeup, bare nails, and

not a blowout in sight. In New York, I had spent years Instagramming my meticulous nail art, spray tanning, and getting lash extensions and three-hour keratin treatments. Part of this was because I was living among so many glamorous women. Being obsessed with fixing my physical flaws was also a personal hang-up after the man I loved dumped me for a pretty intern where we worked. Back in the dating pool, I figured that if I was going to compete with literally millions of beautiful single women, I *had* to look my best or I didn't stand

"I started to feel incredibly ugly, despite the fact that I probably looked better than ever."

a chance of finding someone who would choose me.

My beauty routine never felt crazy or over-the-top to me because I knew women doing even *more*, like a 29-year-old coworker who got Botox. The more I did, the more I felt I needed to do. I spent a lot of time thinking about laser treatments—for cellulite, for that first wrinkle settling in between my eyebrows, for removing hair. Anything you could shoot a laser at, I wanted. I started to feel incredibly ugly, despite the

fact that I probably looked better than ever.

Even in Portland, I kept up my routine. I was the new girl, so naturally, I wanted to look good. I went on two first dates with two different laid-back guys—neither of whom called me again—and that's when the girls in my book club broke it to me. "You look too high-maintenance for dating here," one said, "like you'd be afraid to smudge your lipstick." I wrote it off. Then, when after a few dates, a new guy invited me on a group camping trip, I panicked.

He assured me I would have my own tent, but that wasn't my holdup. Instead, I thought about that moment he'd see me with my dark under-eye circles and naturally frizzy hair. That's when it hit me: The years I'd spent doing my face and hair hadn't made me more confident, they'd made me less.

So disgusted at my own lack of confidence, I forced myself to go camping with barely a stitch of makeup. None of the other girls wore any. On the trip, one of the girls complimented my eye color; another liked my freckles. The guy and a dozen of his friends saw who I really am, and I survived. Splashing around in the lake with my dog, the sun on my bare face, I actually felt pretty. So I decided to challenge myself not to wear makeup when I got back to town. I met friends for brunch right after the gym, my only adornment a natural flush. I pared down my first-date look to concealer and mascara and met a man who I felt knew the real me from the first night, who tells me I look better without all the hoopla. I still think I look prettier with full hair and makeup, but now I don't feel like a troll without it. Although to a stranger, I probably look less pretty in my Portland life, I *feel* prettier than I ever did before. ■

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SKIN ACCUMAX has made such a difference to my complexion, I've received at least 5 compliments this week alone! People are really starting to notice and I'm SO happy. It has boosted my self esteem and I can't thank you enough.

-Katie

Unretouched photo
using *jane iredale*
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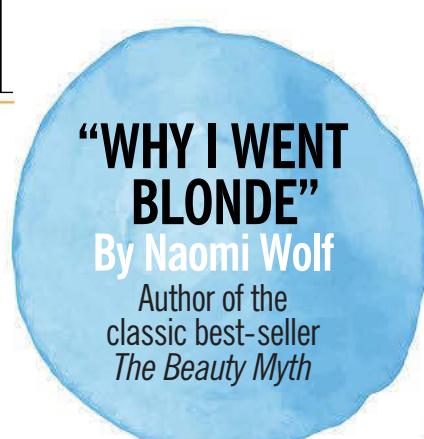
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BEAUTY WITH BRILLIANCE™

What little girl in our culture is not fascinated by blondeness?

Certainly, that was the case when I was a child. I hope that things have changed with a wider definition of what's "ideal"...



"WHY I WENT BLONDE"
By Naomi Wolf

Author of the
classic best-seller
The Beauty Myth

An illustration of a woman from the neck up. Her hair is blonde and appears to be wrapped in several pieces of crumpled aluminum foil. She has a pink and orange tie-dye headband. She is wearing a dark blue velvet jacket over a white collared shirt. A gold chain with a large rectangular pendant hangs around her neck. Her gaze is directed towards a black smartphone held in her right hand. The background is plain white.

...BUT WHEN I WAS 7, it was blondeness that was the paragon. Flaxen, caramel-y, honeyed, corn-silk blondeness—even the names on the hair dye were enchantingly, threateningly poetic. My friend Debbie and I, two dark-haired Jewish girls, would play with the gilt-topped Barbie, with her perky conical breasts, her vinyl house full of changes of clothing, her pink convertible. *That* was the life that blondes led when I was a child.

The spell broke early. By the time I was 13, I was at ease with being a dark-haired, intellectual “other.” My outlier friends and I rejected to the point of sneering the blondeness of the cheerleaders—so streaky, so Sun-In-y—those aspiringly Anglo girls in our multiethnic high school, who were selected to represent team spirit yet reflected the student population not at all. By then, I knew that blondeness was a deceptive social marker, a trap. By 15, a blazing-cross baby feminist, I was comfortable with my ethnic nonperfect-ness and felt compassion for my white-blonde-haired, conventionally physically ideal best friend, whose iconic fairness and slenderness made her the object of so many lecherous older men’s attentions. It also posed challenges, from where I watched, to her being as readily received as a novelist-in-training as she

ILLUSTRATION BY
Ryan McAmis

BEAUTY

deserved to be rather than cast as arm candy. For young women intellectuals, it seemed a bit easier to be taken seriously if you were dark-haired. The stereotypes were not fair, but there they were. Joan Didion (blonde) had a tougher time being seen as a heavyweight thinker than did Susan Sontag (dark, cool gray streak). Joan Baez (dark) was treated as being a more important performer than was Joni Mitchell (blonde).

Those oppositions were everywhere. In college, I wrote about the endless dualism of these types in women's literature: dark-haired, perceptive Lucy Snowe, in Charlotte Brontë's *Villette*, versus blonde, superficial Ginevra Fanshawe. And note the Disney heroines: dark-haired Snow White (duty, housework, domestic service to seven dwarves) versus blonde Sleeping Beauty (kissing, adoration from princes, awakening to love).

After I wrote my first book, *The Beauty Myth*, my critique of rigid ideals of beauty, I used to travel around the world speaking. Whenever I would ask the crowd what the Madison Avenue "ideal" looked like, they would chant "Tall, thin, blonde!" The thought of becoming blonder signified, for me, the shadow of 'selling out' to social pressure—and it carried the risk of seeming to distance one from one's ethnicity.

So for many reasons, I never considered playing with bloneness for myself.

That said, five decades is a long time to have one hair color. By my 40s, I was restless and began low-commitment experiments. Henna rinses to go redder, black temporary colors to go darker. Fun but just a fling. I had those cognac-y streaks in the '90s like every dark-haired professional woman in New York—*meh*. Stylists, I always felt, had their own conventional ideas for me, which I resisted. I never was comfortable taking any kind of dramatic step they might urge upon me because of my skepticism about the whole scene.

Then I found a feminist hair salon. Seagull, in Manhattan, was recommended to me by a millennial friend with one of those cool haircuts that suggest that you know how to code (she does). She explained that Seagull is co-owned by a Riot Grrrl...one of the iconic 1990s early Third Wave groups of pissed-off young women who embraced a revamped, livelier version of feminism just when the culture had said the movement was over and done.

"The ideals of beauty are in fact much less rigid than they were when I wrote *The Beauty Myth*. Blonder isn't better anymore. It is just another thing."



I went to Sarah and fell in stylist-client love. Sarah is like a Disney mermaid but one with giant shears and a killer attitude. She goes rock climbing, and this badass interest does not clash with her having a lovely, complex hairstyle: edgy-razory things on the sides and long locks in the back, shading from palest turquoise to a Greek Island aqua.

I am skeptical to a fault, of course, about the beauty industry. But at Seagull, I felt immediately at home. I caught the vibe that however weird I wanted to be, they would find the beauty in a woman's expression of her own uniqueness.

After explaining the uncomfortable experiences I'd had with other stylists, I heard the magic words. "Let's just let it do what it wants to do." The cut she gave me was the slightly erratic, messy one I had wanted my whole adult life without realizing it. That comfort led me to have the courage to ask for highlights. It was an impulse, but I felt...well, safe enough to venture there. As Sarah applied them, I blurted out what I secretly wanted: "Let's go lighter." She managed to give me streaks—some were kind of 1930s silent-screen bright gold, and others were the color of those nice extra-pale golden retrievers. They all mingled totally, implausibly with strands of my own dark hair. I really loved it.

The next time I went to Sarah, I asked to go lighter still. Change can be a little addictive, and before I knew it, I had become kind of...blonde. And I began to notice how the rigid code of what *blonde* and other hair colors used to signify had loosened. It was no longer overdetermined. I saw, everywhere, African-American women with white-blond hair and Asian women with purple and pink hair and, while I know this is an extremely complicated subject, white people with dreadlocks. I saw a green-haired Katy Perry and yellow-haired NeNe Leakes and Nicki Minaj—and a Lady Gaga with hair in every color of the rainbow. Everyone looked fabulous.

There is a woman who has come onto my Facebook page for years and, no matter what color hair I had, expressed bitter disappointment with me as a feminist because I colored my hair. To her, that was a betrayal. But I have spent 25 years correcting the reductive assumption that writing a critique of the beauty industry means being against adornment, physical plea-



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*When used as directed.

BEAUTY

sure, or display. I never objected to adornment. What I objected to was lack of choice. I feel that, compared with 1991 when my book was published, we are in some ways in a golden age around certain choices involving fashion and the body. I didn't want a world in which I am forced into my reader's vision of the "right" gray hair any more than I want to live with other rigid ideals.

The ideals of beauty are in fact much less rigid than they were when I wrote *The Beauty Myth*. Blonder isn't better anymore. It is just another thing.

I was alarmed, as a child, by the Clairol advertising slogan "Blondes have more fun." I remember asking my mother why that was. It seemed a bizarre statement. How on earth would your hair color affect the fun you were having? I remember her struggling to explain what the slogan meant without messing with my tiny dark head.

I must confess there are real changes in how my life unfolds post-going lighter. People who don't know me think I'm much nicer...and, um, not as smart.

It's a cliché, okay, but I'm finding it to be true. I don't think I especially glowed on the street as a brunette. I hope I was polite, perhaps even pleasant, to strangers. But now as a kind-of-blondie, there is a six-fold increase in the number of people—especially baffled tourists of all kinds—who stop me on the street asking for directions.

Is it because people assume that blondes have nicer things happen to them, so they assume I will be turning pleasantly from contemplating a gin and tonic in a hammock to smile sympathetically at them and say, "Sixth Avenue is Avenue of the Americas. It's so confusing, haha!" Rather than snap, "Get out of my way! I am late for a work commitment!" the way dark-haired, previous me might be expected to do?

It is especially frustrating that these stereotypes linger at all, since many powerful women have shown that strength has no specific hair color. From Cate Blanchett to Laverne Cox, from Martha Stewart to Madonna, Eva Perón to Margaret Thatcher—whatever you may think of these blonde women—wimps they are not and were not. One of the strongest women I know, editor of this very magazine, Joanna Coles—who faced down lawyers and the consensus of social silence to help me run the story documenting a 20-year

AFTER



THE WRITER
WITH HER NEW,
BLONDER LOOK.

cover-up of sexual harassment and assault at Yale—is blonde.

With all these "power blondes" in the mix, the little girls of today may grow up with very different associations with these images—or better, no stereotypes around hair color or complexion at all.

PERHAPS THE SHIFT IS NOT ABOUT

blondeness but about lack of familiarity. Maybe people just don't recognize me as that cranky dark-haired feminist they saw occasionally on CNN, so I am mistaking people being especially pleasant for people actually being more pleasant to all women whom they don't fear might be potentially cranky feminists. Regardless, it is rather nice to be assumed to be nice—but very alarming and reductive that hair color can do that.

On the flip side, it is harder now to be scary when I want to be. I can't intimidate people when I want to as easily—which had been useful in a TV debate. I try to issue the usual withering denunciations from my chair in the television studio, and people—especially men—relax and chat about

their weekend plans to barbecue with the kids. And I didn't know what "mansplaining" meant firsthand until I went lighter. People really like elaborately showing things to blonder women, in painfully slow and minute detail, as if we have just come off our own desert island where nothing whatsoever has ever worked.

I wish I could mix and match the reactions. I would like to be reassuringly blonde when needed but aggressively brunette when strategy calls for it.

Most of all, I would like to live in a society in which women can just have a hair color rather than have a hair color with socially assigned temperaments.

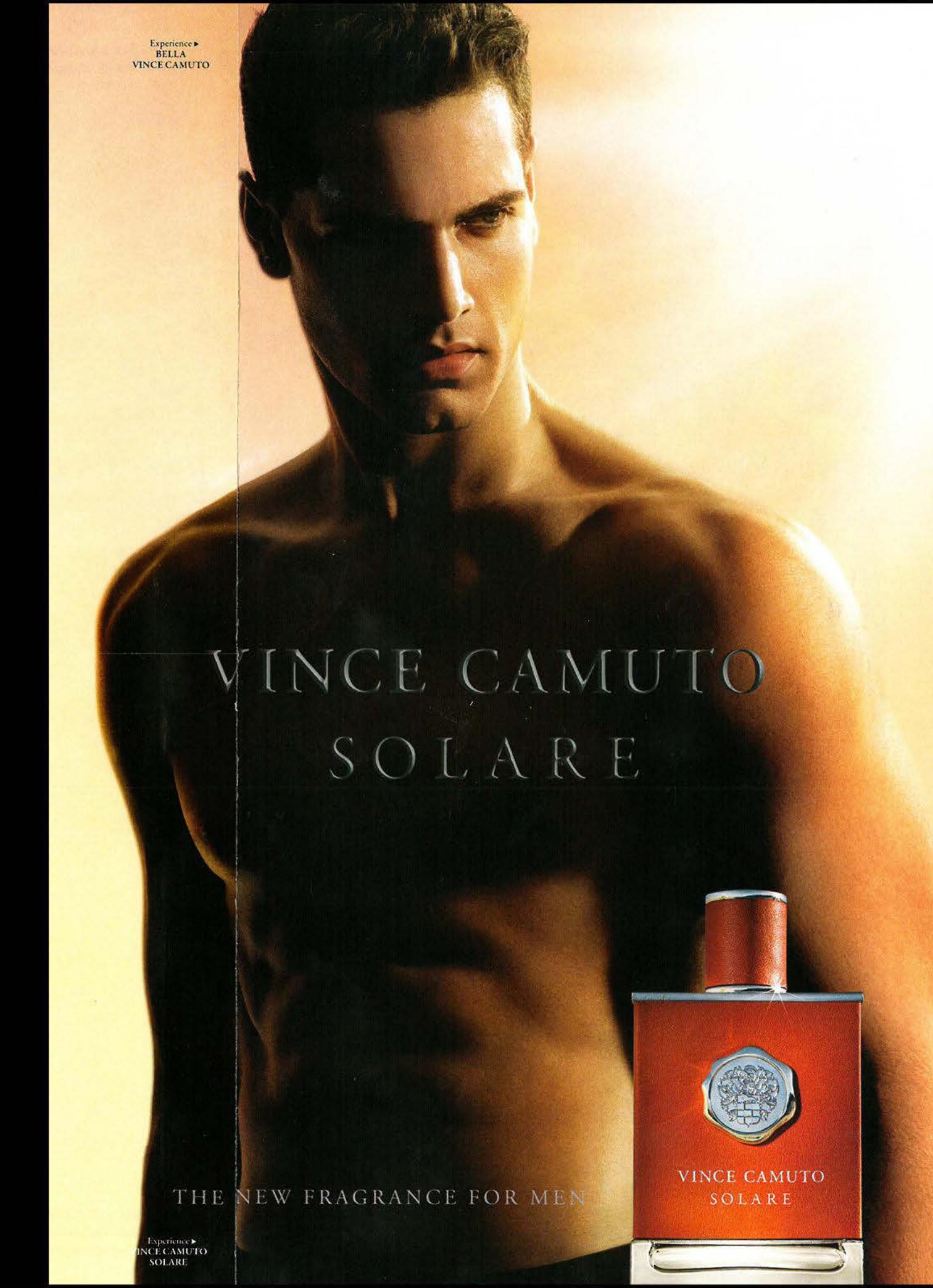
Nonetheless, I am grateful to Sarah and Seagull. I like that my identity is not fixed and I can still decide to be anyone I want. And I am glad as a staunch feminist, that it was a rock-climbing, blue-haired mermaid who gave me the courage to try something fun. I didn't feel as though I am losing my feminist credentials for—as we did when we were children and things were not yet politicized—playing around with color. ■



VINCE CAMUTO

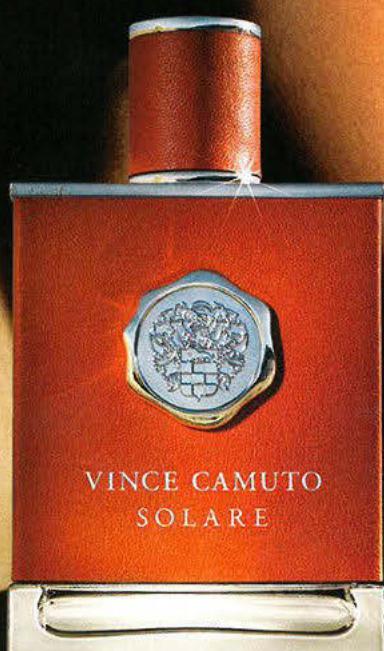
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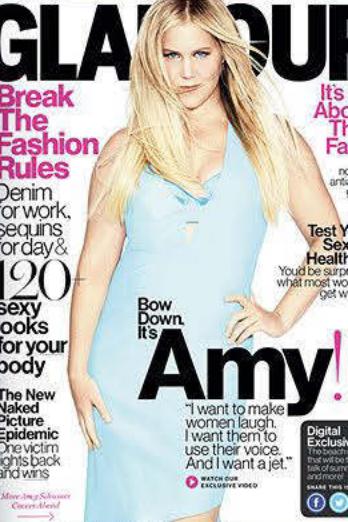


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BEAUTY

HUNT IT DOWN

Jungle green is the new black (you heard it here first!).

CHINA GLAZE Nail Lacquer in Take a Hike, \$7.50, Ulta

GOLDEN STATE

Fake a sun-kissed, Cali-girl complexion with bronzing beads.

AVON Glow Bronzing Pearls, \$9, avon.com

QUICK DRAW

A twist-up lip pencil keeps a defined pout on point.

L'ORÉAL PARIS Colour Riche La Lacque in Lacque-y Charm \$10, drugstores

SWEET THING

For skin that smells delish...and feels like silk.

CARESS Evenly Gorgeous Exfoliating Body Wash, \$4, drugstores

\$10, TOPS!

Budget-friendly buys that make you look (and feel) like a million bucks

BY LAUREN BALSAMO

FRINGE BENEFITS

The secret to lashes that never flake?

Argan oil.
RIMMEL LONDON Wonderlash Mascara With Argan Oil in Black, \$8, drugstores

HELLO, KITTY

Tame strays in style with a leopard-print barrette.

SEPHORA COLLECTION Barrette in Blind Date, \$8, Sephora

PERFECT TEN

A hint of shimmer makes these neutral shades anything but basic.

MARY KAY Top Ten Classics Eye Shadow in Green Envy, #6, Walmart



Lasting impressions?
It's what I do.

MAYBELLINE.com

Jourdan is wearing New Lasting Drama® Waterproof Gel Pencil in Cashmere White.
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BEAUTY



SHOCK VALUE

Famed fashion photog Steven Klein lends his name and seriously provocative images to a limited-edition collection by Nars. These makeup-filled lacquered boxes are guaranteed sell-outs.

NARS Steven Klein collection, \$39 and up, Sephora



LUXE REDUX

The millennial makeover of the classic Eight Hour Cream—now an oil—does its predecessor proud, taming frizz, softening skin, and adding luminosity in a spritz.

ELIZABETH ARDEN

Eight Hour All-Over Miracle Oil, \$28, elizabetharden.com

SEXY BEAUTY ALL MONTH LONG

BY DEANNA PAI



VIVE LA VAMP

Two decades after the edgy nail lacquer debuted on the Chanel runway, Vamp can now be rocked on lips, lids, even lashes with its new collection.

CHANEL Rouge Allure Lip Colour in Rouge Noir, \$36, chanel.com

BLACK TIE OPTIONAL

Saint Laurent's most iconic pieces (like the trench and caftan) are being bottled as perfumes. The sexiest? Patchouli-infused Tuxedo, the scent equivalent of wearing the coveted jacket (left) with nothing under it.

YSL Le Vestiaire des Parfums Tuxedo, \$250, bergdorfgoodman.com



GLOSSY EYED

Top coats aren't just for nails. Worn alone or over shadow, these new glosses give a galactic vibe.

MAC COSMETICS Eye Glosses in Spank Me and Erogenous Zone, \$22 each, maccosmetics.com





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/ before



1

/ shape with wax pencil



2

/ fill with powder, then blend

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Emily is wearing New Brow Define + Fill Duo in Soft Brown.
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BODY

EDITED BY
SARA MCNALLY &
DANIELLE MCNALLY

Dance Your Ass Off

WE'VE DISCOVERED A WORKOUT THAT BURNS CALORIES, REVS YOUR HEART RATE, AND TONES FROM HEAD TO TOE—AND IT'S SO FUN, YOU WON'T WANT IT TO END.

BY DANIELLE MCNALLY

PHOTOGRAPHED BY ANDREW HANCOCK

WORKOUT

YOU KNOW HOW YOU don't even care that you're sweating up a storm when you're at a club with your girls? That's what the workouts are like at 305 Fitness, a wild dance-cardio studio in NYC and DC. Creator Sadie Kurzban designed this mini at-home class for us (do each step for four counts of eight, then move to the next; repeat as many times as you want). So invite your squad over, move the furniture, and just dance.



1 SLAP IT OUT

Stand with feet hip-width apart, arms at sides. Hop to the left as you kick right leg and lift left arm, swinging arm toward leg in a slapping motion. Lower. Immediately repeat on opposite side.



MAKE IT EASIER Don't be intimidated by Kurzban's sky-high kicks. "Bend your knees if you need to," she says. "The goal is to get your leg off the floor."



2 WERK

Stand with feet wide, arms at sides. Lower into a squat, then bend at hips and set hands on the floor in front of you, lifting heels and butt high. Twist right knee in, then out in a scooping motion. Switch sides.

LEAN IN This move can feel a bit awkward at first. "Focus on a spot a few feet in front of you," says Kurzban, "and put more weight than you think on your hands."

KURZBAN, 26, CAME UP WITH THE CONCEPT FOR A CLUB-LIKE FITNESS CLASS WHILE PARTYING WITH A FRIEND ON SPRING BREAK IN MIAMI. 305 IS THAT CITY'S AREA CODE.



A



B

3 THE BIRD

Stand with legs together, arms at sides. Squat, crossing arms at chest [A]. Lift heels, and step right foot to the right, turning knees and toes out while you lift arms to shoulder-height out to sides [B]. Step left foot to meet right, crossing arms again. Repeat once to the right, then switch sides.

TUNE IN Not sure what to dance to? Follow 305 on Spotify (Sweatsxy Fit). Or cue up Kurzban's faves: "Y.A.L.A.," by M.I.A.; "Emergency," by Icona Pop; and "Crazy Sexy Wild," by Inna.



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WORKOUT



A



B

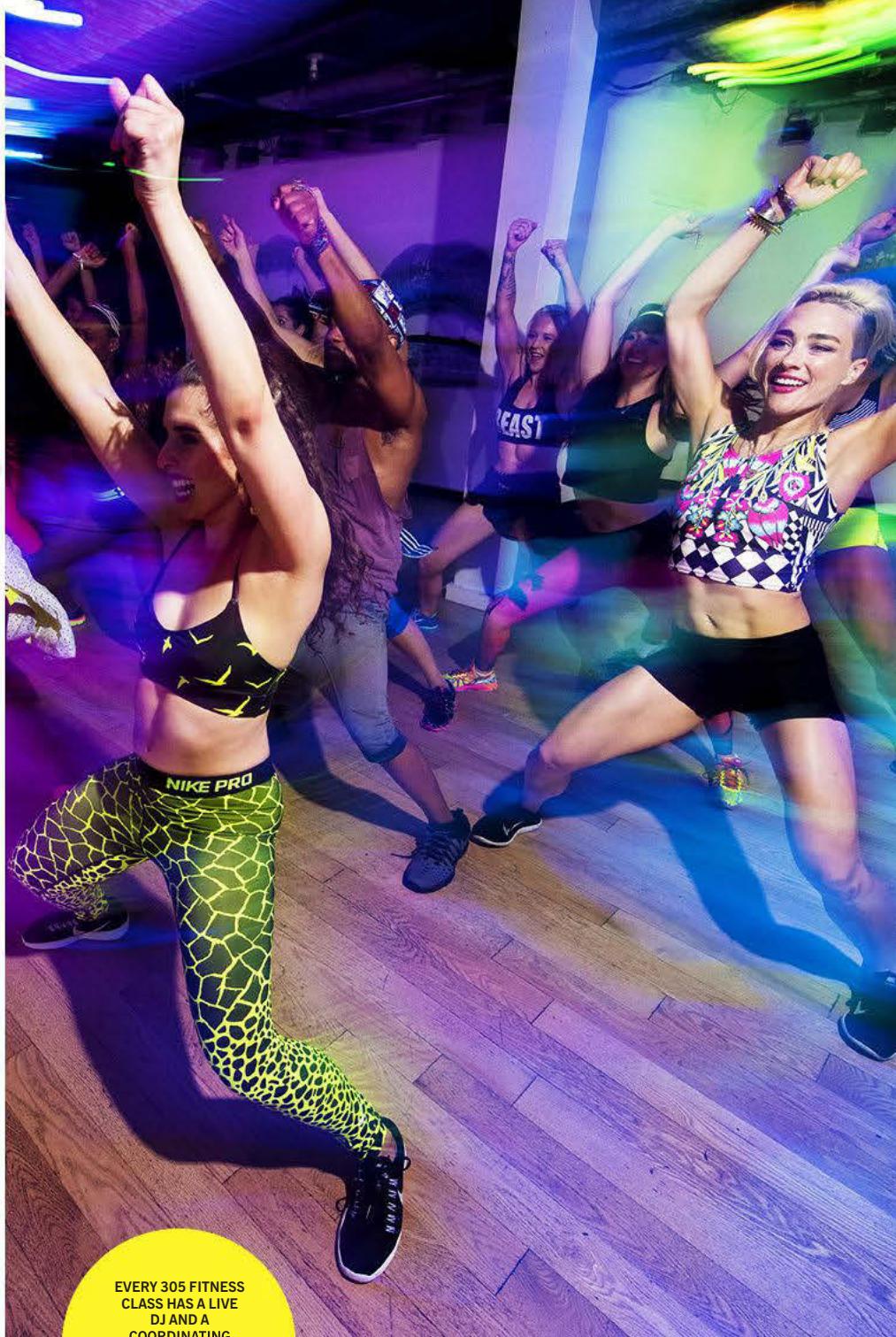
4 JUMP AND ROLL

Stand with feet wider than hip-width apart, arms at sides. Jump up, kicking feet toward butt [A]. Land softly, and keeping knees slightly bent, raise arms and roll body from shoulders to hips [B].

GO WITH THE FLOW

There's no right or wrong way to body roll. Just let loose and wiggle your upper body, keeping hips isolated. Your abs will fire up!

ABOVE: TOP, Mara Hoffman. LEGGINGS, Michi. SNEAKERS, Nike. RIGHT: TOP, Mara Hoffman. LEGGINGS, SNEAKERS, Nike



EVERY 305 FITNESS CLASS HAS A LIVE DJ AND A COORDINATING LIGHT SHOW THAT INCLUDES STROBES, RAINBOWS OF COLORS, AND BLACK LIGHTS.



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5 CLAP AND SHAKE

Stand with feet wider than hip-width apart, arms at sides. Bend at the waist, leaning right, and reach toward right foot [A]. Swing body toward left foot, and return to standing, clapping hands four times as you move. Reach hands up and shake hips to the right four times [B].

STRENGTHEN AND LENGTHEN This works your core, back, and shoulders, plus it's a real hip-opener and hamstring stretch.



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FITNESS BUZZ



1 / 2

WALKING
WISE SINCE
THEY KEEP
FEET NEUTRAL

The Stiletto Lover's Workout

High heels led to more than 100,000 not-so-glamorous trips to the ER from 2002 to 2012, according to new research. Heels taller than two inches reduce stability, upping injury risk. "You don't have to stop wearing high heels though. I wear them!" says Florida podiatrist Grace Torres-Hodges. Instead, stretch and strengthen from calves to toes with these exercises.

BY JESSICA MIGALA



AT YOUR DESK
Roll the arch of each foot over a tennis ball or frozen water bottle for about a minute. The "massage" reduces inflammation, swelling, and achiness. Repeat three times.



ON THE COUCH
Starting with one foot, draw the alphabet with your toes. This will stretch every muscle in your foot. Repeat on other side.



AT THE GYM
Do squats and calf raises and dips (stand on the edge of a step, raise heels, then lower them below the step). These strengthen the Achilles and calf muscles, which support ankles and feet.

2-MINUTE TIP

WALK TO LIVE LONGER

Just 120 seconds of strolling every hour can boost overall health—leading to a 33 percent lower risk of dying from any cause, according to a new study from the University of Utah School of Medicine. What's more, researchers estimate that this amount of movement burns 400 extra calories a week. So instead of streaming right into the next episode, pause for a stroll to the kitchen.

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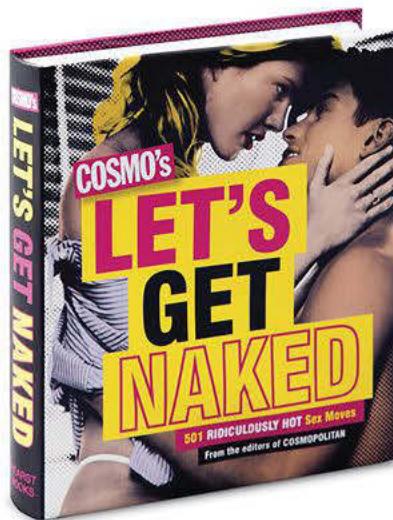


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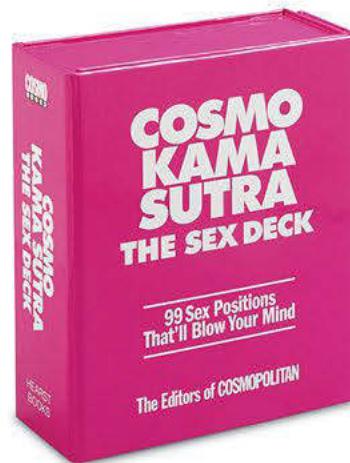
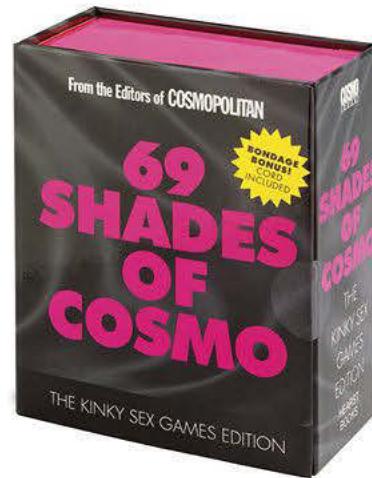
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to HOTTEST!**



Get the **STEAMIEST**, most rev-it-up sex advice ever! With everything from warm-up moves to daring erotic techniques and steamy sex positions—**COSMO**'s lusty collection helps readers **BOLDLY** go where they may never have gone before!

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A sexy favorite is now in a sizzling card deck with **99 POSITIONS**—plus 12 “lust lessons!” Every position’s illustrated in detail with precise and tantalizing instructions. So pick a card, any card—whichver you get, the results will be **HOT!**

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FOOD BUZZ

DANIELLE IS DIGGING...

A BETTER P.M. SNACK

I'm such a snacker. But I try to pick foods that won't leave me feeling crappy. Glukos bars are made from natural ingredients (seriously, I can pronounce everything on the label) like dates, cashews, and glucose. The last one is the body's ideal fuel source, so I get an instant energy bump and no crash later. One tip: Eat half. Otherwise, at nearly 250 calories, it's more of a mini-meal.

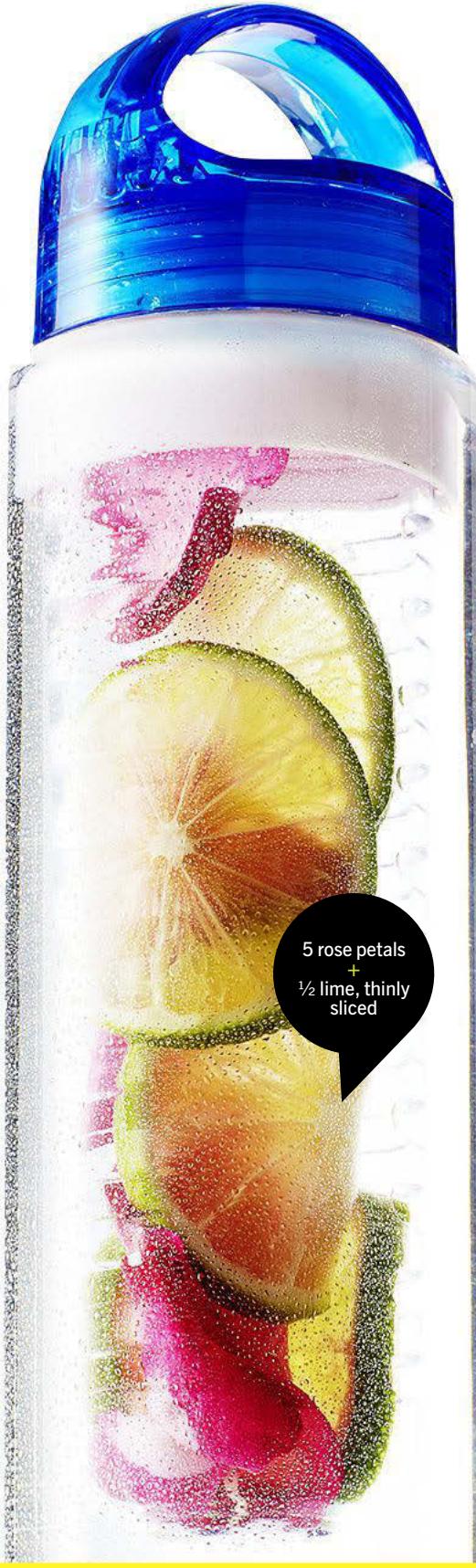


DANIELLE MCNALLY,
SENIOR EDITOR

WAKE UP YOUR WATER

We get it, tap is boring. But instead of pricey flavored waters, which have unwanted sugar and calories, make spa water at home with a cute infuser (like this one from Fruitzola, \$14.97, opensky.com). Toss in one of these combos from Rachel Beller, RD, a few minutes before drinking.

½ orange, sliced + ½ fresh fennel bulb, sliced	¼ apple, sliced + 1 cinnamon stick	1 tsp. freshly grated ginger + ½ large lemon, thinly sliced	¼ c. frozen blueberries + 6 to 10 mint leaves
—ABIGAIL LIBERS			



BAKING? GO BANANAS! Your home-baked treats can be healthier with banana flour. Made from crushed green bananas, it packs 330 milligrams of potassium per serving and contains a digestion-slowing starch that your body won't store as fat. Replace each cup of all-purpose flour in a recipe with ¾ cup of this naturally sweet version. (\$11.95 per pound, amazon.com) —KELLY GONZALVES

Awesome Sauce

Cool new condiments are all over supermarket shelves. We asked nutrition guru Dawn Jackson Blatner, RD, author of *The Flexitarian Diet*, to rank the trendy toppers based on healthfulness and flavor.

Harissa ★★☆

It's the next sriracha! The red-pepper paste contains capsaicin—a compound that may curb appetite and rev metabolism—and just 20 calories, 1 gram of fat, and no sugar per tablespoon.

Mina Harissa, \$7, casablancafoods.com

Balsamic Ketchup ★★☆

It has sugar (5 grams) and 25 calories but no fat per tablespoon and plenty of lycopene, an antioxidant linked to reduced risk of cancer and heart disease.

Heinz Balsamic Ketchup, \$2.59, Target

Miso ★★☆

This fermented soy-bean paste packs umami—a savory flavor that helps you feel full—and good-for-your-gut bacteria. But note: The sodium racks up fast.

South River Brown Rice Miso, \$11, southrivermiso.com

Gluten-Free Soy Sauce ★★☆

"Gluten-free" doesn't equal "good for me" (unless you have celiac disease). G-free soy sauce is still a sodium bomb, with 960 milligrams per tablespoon. Shake it on sparingly.

Kikkoman Gluten-Free Soy Sauce, from \$3, grocery stores

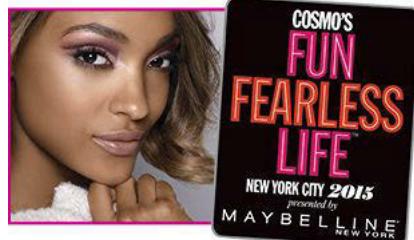
—BETHANY GUMPER



STYLE THAT MOVES YOU

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PRIZES <
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WIN IT

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REPORT

WHY THE HELL ARE TANNING BEDS ON CAMPUS?

You can't buy tobacco at most colleges, but many are making it easy to get a tan...and cancer.

BY JANET LEE



THIS BOX IS
AS BAD FOR
YOU AS THE
ONE MARKED
CIGARETTES.

EVERY MORNING, Kara Waite sees women entering the tanning salon next to her local coffee shop, not far from Tufts University and Bunker Hill Community College, where Waite, 32, is a professor. It fills her with rage. "I want to shake them and yell, 'Stop! It's not worth losing your health!'" She knows the danger all too well.

She started tanning at 15 and continued while at the University of Arizona. "There was a salon walking distance from our sorority house," she recalls. "I was a bit overweight, so the idea was if you can't tone it, tan it."

Four years ago, doctors told Waite she had melanoma, the deadliest form of skin cancer. It was stage IIIB. Stage IV is the worst. Today, with a 5-inch scar on her neck where a mole was excised (the lymph nodes in her right armpit were removed too), she knows there's about a 50 percent chance the cancer will return...and likely be untreatable. Her doctor told her it was almost certainly a result of indoor tanning. "I did this to myself," she says.

Rates of melanoma have doubled since 1985, according to a new Centers for Disease Control and Prevention report. Young women are highly at risk—it's the most common cancer in women ages 25 to 29—perhaps because they flock to tanning salons. More than 419,000 cases of skin cancer in the U.S. are linked to indoor tanning annually,

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Check out the bold brow trend! You can get the look too with GrandeBROW, an eyebrow restorative serum that enhances your natural brows making them look thicker and fuller in just 6-8 weeks. Use entire tube for full results. Coupon code "COS15" saves \$15 on GrandeBROW (www.grandelashmd.com or 877-835-3010).



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REPORT

and a 2013 study in *JAMA Internal Medicine* found that one-third of 16- to 25-year-old non-hispanic white women fake tan (not the safe spray kind) at least once a year. It's just so freakin' easy. According to *JAMA Dermatology*, several million young adults have access to indoor tanning facilities on—not just near—their college campuses or for free in their off-campus apartment buildings.

Last year, researchers looked at indoor tanning at the country's top 125 colleges and found that 12 percent of schools had on-campus tanning facilities. At 42 percent, there were off-campus student housing facilities boasting tanning beds that, in many cases, were free and unrestricted. Fifteen percent referred students via the school website to housing with on-site tanning. And at more than 14 percent of schools, students could use campus debit cards for not just textbooks, food, and laundry but tanning too.

Tanning beds were condoned even at colleges with a tobacco-free policy or a school of public health. "People take tanning more lightly than they do smoking, but not a lot of people are dying at 25 from lung cancer," says study author Sherry L. Pagoto, PhD, an associate professor of medicine at the University of Massachusetts Medical School. Per the International Agency for Research on Cancer, tobacco and UV radiation are equally carcinogenic.

"It's the schools' job to educate and protect students, and they're send-



ing a mixed message by making access to these dangerous beds easy," says dermatologist Julie Karen, MD, a spokesperson for the Skin Cancer Foundation. "They're saying it's acceptable."

COSMO REACHED OUT to 34 of the colleges highlighted in Pagoto's study for comment. We heard back from 20. About two-thirds of those are making positive changes. Rutgers, the University of Northern Arizona, the University of Mississippi, Western Kentucky University, Georgia Southern University, and Ohio State University all said they have banned or will be banning on-campus tanning or the use of campus cards to pay for it. A rep for Marquette University confirmed that there is a facility nearby that offers tanning payable with the Marquette Cash card but that the school is considering eliminating this during the next round of negotiations.

Other schools don't appear to believe it warrants action. Rochester Institute of Technology, for example, has a tan-

"People take indoor tanning more lightly than they do smoking, but not a lot of people are dying at 25 from lung cancer."

ning bed in a privately owned facility on campus, but a spokesperson said the issue "hadn't come up"—i.e., nobody complained. Penn State officials said they don't believe in banning services just because they may be harmful but prefer to educate coeds about potential dangers. (The university did not answer queries on how it is doing so.) Miami University's MU Bucks program is primarily for use at off-campus vendors, including a tanning salon, and is run by a private company. Although accounts are tied to students' ID cards, a spokesperson said the school doesn't endorse merchants in the MU Bucks program...yet it does prohibit using the card to buy alcohol.

Abby Fox, 19, a sophomore at the University of Louisville, says that most of her sorority sisters tan regularly (she notes there are tanning beds in a laundry room

on campus) and there's a sense among her friends that being pale is "gross."

But Fox is seeing early signs of skin damage from her tanning habit. "I started as a junior in high school. I felt in competition to be the tannest at prom," she says. "Then I kept it up because I thought I looked better. Now I can feel the skin on my forehead getting loose and see faint outlines of wrinkles." (Ninety percent of signs of aging, like wrinkles, brown spots, and sagging, are due to UV exposure, Dr. Karen notes.) Fox wants to cut back on tanning but says it's hard—she likes the way it makes her look.

Salons appeal to our vanity by promoting what many women incorrectly believe is a healthy glow. They claim using tanning beds boost vitamin D, but according to the Skin Cancer Foundation, the beds primarily emit UVA rays, which don't stimulate D production. Says Pagoto, "There's a lack of education."

"Colleges offer amenities like tanning because students demand them," says Barmak Nassirian, director of policy analysis at the American Association of State Colleges and Universities. "But the issue is absolutely legitimate. I expect that a year from now, you'll have a hard time finding institutions that affiliate with tanning salons." Good news: There's hope for the class of 2019. ■

Want to Make Sure Tanning Isn't Okay at Your Alma Mater?

Tell your university president! This year, the Skin Cancer Foundation launched the Campaign to Stop College Tanning. Head to SkinCancer.org to send a letter to these colleges, asking them to ban access on campus.

COSMOPROMOTION

hotlist

- >PRIZES
- >HAPPENINGS
- >STUFF



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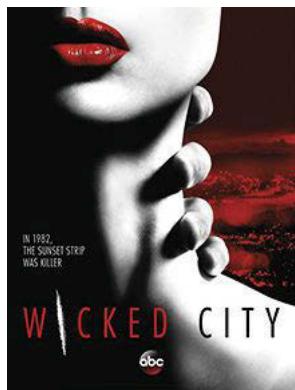
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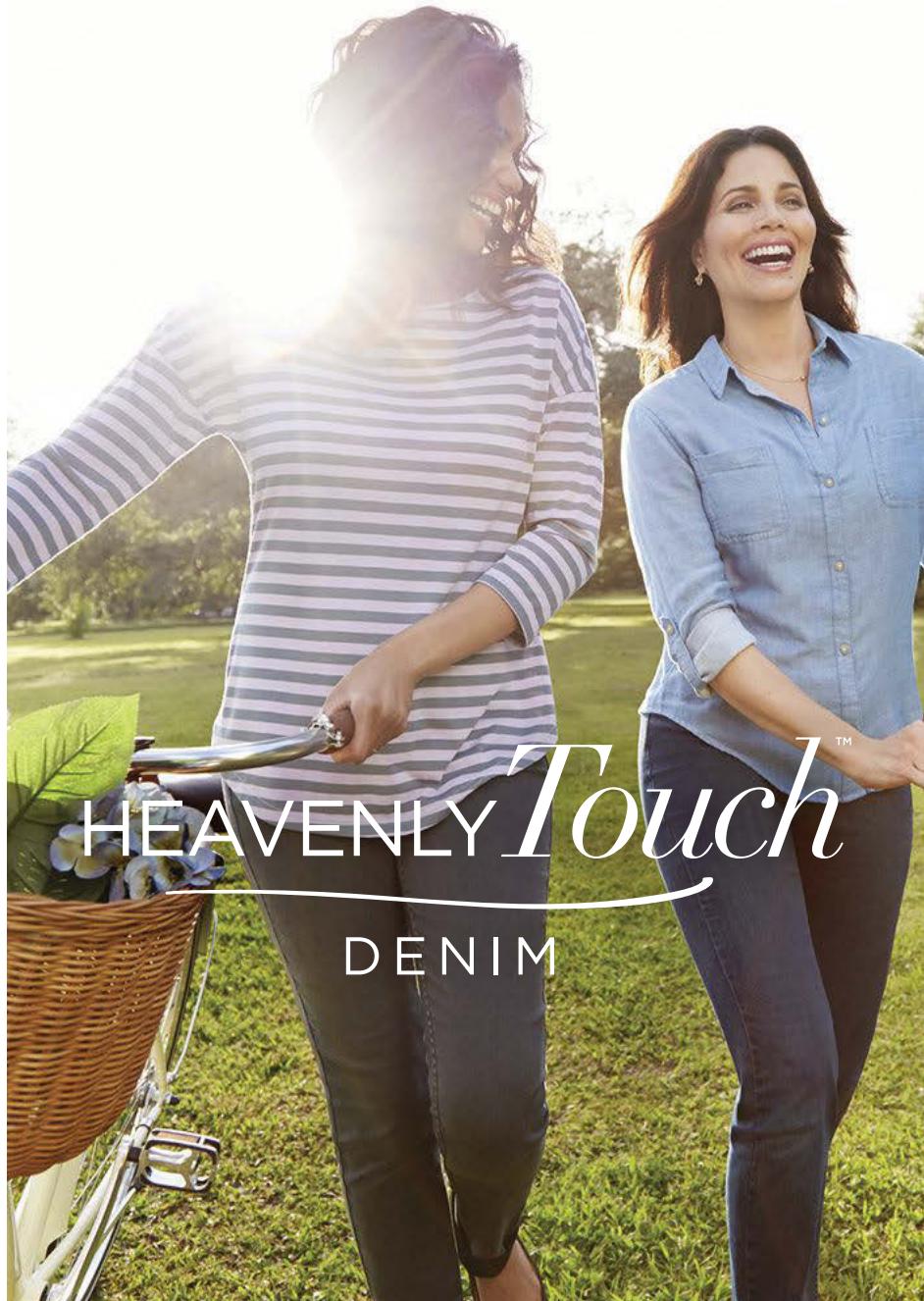
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AND GO ROCK
THE WORLD.

BY
**Laura Brounstein,
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time to be
a woman
in comedy."

MEET COSMO'S FUN, FEARLESS 50

ON ILANA: TOP, dRA.
SKIRT, *Self-Portrait*.
SHOES, *Rupert Sanderson*. EARRINGS, *Moratorium*.
NECKLACE, *Banana Republic*. RINGS (middle finger), *Wetherly*; (pinkie finger) *Michelle Campbell*. ON ABBI:
TOP, SKIRT, *Banana Republic*. SHOES, *Sergio Rossi*.
EARRINGS, *Lara Bohinc*. BRACELET, *Stanmore*. RING, *Rebecca Minkoff*



KARLIE KLOSS



ERICA LAFFERTY



KIM JORDAN

Karlie Kloss

Supermodel,
NYU freshman,
Kode with
Karlie founder,
vlogger, and
L'Oréal Paris
spokesperson...
and age 23.
Yassss.

Erica Lafferty

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gunned down
as the principal
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to be fearless.

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Congress, tear
up town-hall
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laugh and cry
with survivors.
We demand
change."

Kim Jordan

COFOUNDER/EXECUTIVE
CHAIR, NEW BELGIUM
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advocate for
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work policies
and environmental
stewardship. That is so
much fun."



ON CARLY: TOP,
Xennates New York.
SKIRT, *Self-Portrait*.
EARRINGS, *her own*.
NECKLACE, *Holst + Lee*.
RINGS, *her own*. ON
DANIELLE: JACKET,
Reiss. DRESS, *Adore*.
EARRINGS, *her own*.
NECKLACE, *Banana Republic*. BRACELETS
(blue), *CC Skye*;
(gold) *Wayz Jewelry*.
RING, *Dannijo*

Carly Zakin, left, and Danielle Weisberg

COFOUNDERS, THESKIMM

**"By helping women
be more informed, we
empower them to
know they can strike
up a conversation
with anyone."**

— DANIELLE WEISBERG

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"It is very important for women to speak up and even more important for them to take action. We want to motivate women to create change in their communities, their offices, and their worlds."

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AUTHOR OF THE MEMOIR
ORANGE IS THE NEW BLACK,
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"I teach writing now in two state prisons. We have to understand people's lives and experiences and give them a voice and listen to their stories."

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"At Milk Bar, we approach the specific —a new recipe—and the vast with vigor, honesty, open-hearted adventure, fearlessness, self-starting zest, focus, seriousness when needed, but with hilarity and celebration throughout."

Chimamanda Ngozi Adichie

NOVELIST

"She had always liked this image of herself as too much trouble, as different, and she sometimes thought... that kept her safe."

—*Americanah*



JESS LEE



CHIMAMANDA NGOZI ADICHIE

Cristina Jiménez

COFOUNDER AND MANAGING
DIRECTOR, UNITED WE DREAM
NETWORK

"The U.S. Congress today is, like, 80 percent male and white, so the views of visionary women are challenged daily. Find other women who you can rely on, because together we can create the world we want for our children."



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PIPER KERMAN



CHRISTINA TOSI

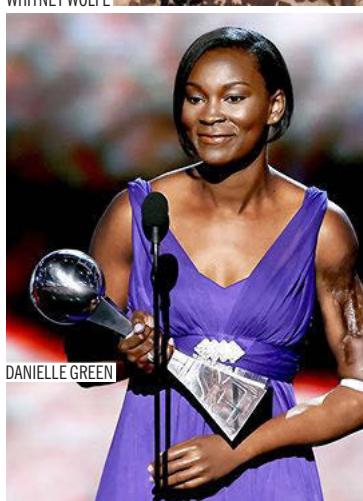
Danielle Green

VETERAN, PURPLE HEART
RECIPIENT, PAT TILLMAN
AWARDEE

"I felt the most fearless during my four months in Iraq. In a war zone, there's no time for fear, your natural reaction is fight. My 'invincible mentality' helped me make split-second decisions when I needed to."



DANIELLE GREEN



DANIELLE GREEN

ILLUSTRATIONS BY NATALIA SANABRIA; APB/JACOBSON AND ILANA GLAZER—HAIR: KATE HANLEY USING BUMBLE AND BUMBLE STYLING PRODUCTS; MAKEUP: KERRIE ORDAN USING KONG'S EN DO; CARLY ZAKIN AND DAN LEE WEISBERG—MAKEUP: SARA GLICK USING DIORSKIN NUDE HAIR JEANS; SUE FU USING TRESemmé FOR ATELIER MANAGEMENT; MANICURE: JULIE KANDALEC FOR DIOR VERNIS; CLOCKWISE FROM TOP LEFT: MARION PERIN; LAKE OGUNBANWO; COURTESY SUBJECT; JORDAN DUNN; GETTY IMAGES; FOX; MARCUS MAM; WILLIAMS HIRAKAWA/CORBIS.



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Caitlyn Jenner

I AM CAIT STAR

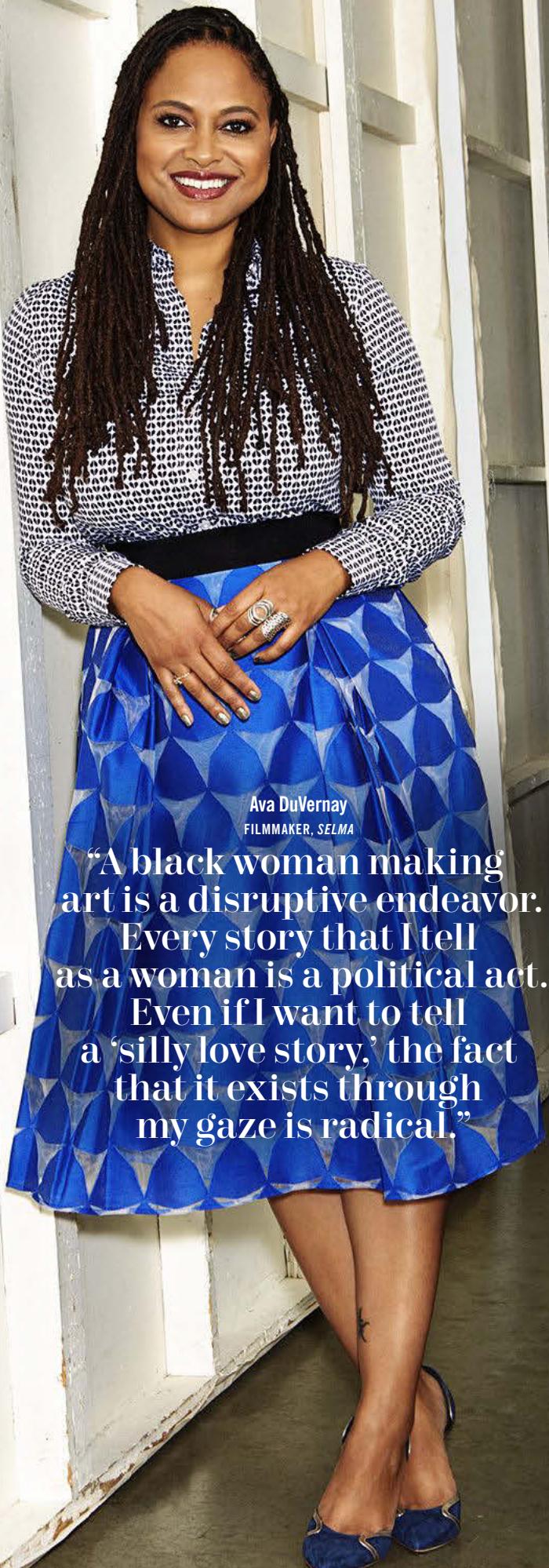
"I don't think I have ever been more excited about life than I am right now. I'm living my true identity and hopefully going to make a difference—that's my mission."

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"It is thrilling to be part of a team of people who stand up for basic American values like liberty and equality. When we break down artificial barriers and discover our shared humanity, it leads to less discrimination."

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Ava DuVernay
FILMMAKER, SELMA

"A black woman making art is a disruptive endeavor. Every story that I tell as a woman is a political act. Even if I want to tell a 'silly love story,' the fact that it exists through my gaze is radical."

SHIRT, Banana Republic.
SKIRT, Milly.
SHOES, Rupert Sanderson.
RINGS, her own



SARA BLAKELY

AUDREY COOPER

BEYONCÉ

Sara Blakely

FOUNDER, SPANX,
YOUNGEST FEMALE SELF-
MADE BILLIONAIRE TO SIGN
THE GIVING PLEDGE

"My commitment to supporting women started with butts, but that was just the beginning! Pledging to give away half my wealth to elevate women was an easy one!"

Audrey Cooper

EDITOR-IN-CHIEF, SAN
FRANCISCO CHRONICLE

"No one is entitled to an uninformed opinion."

Beyoncé

1 MILLION BEYONCÉ
ALBUMS SOLD IN LESS
THAN ONE WEEK.

"Changed the game with that digital drop / Know where you was when that digital popped / I stopped the world / Male or female, it make no difference / I stop the world, world stop— Carry on."

— "Feeling Myself," Nicki Minaj feat. Beyoncé



MELINDA GATES



SHERYL SANDBERG



DANIELLA KALLMEYER

Melinda Gates

COFOUNDER,
THE BILL AND MELINDA
GATES FOUNDATION

"What does changing the world look like? Every woman who sacrifices to send her kids to school, insists on health care, lifts herself out of poverty via entrepreneurship, or uses contraception to determine her own future."

Sheryl Sandberg
COO, FACEBOOK

"In the future, there will be no female leaders. There will just be leaders."

—Lean In

Daniella Kallmeyer
FOUNDER AND DESIGNER,
KALLMEYER NEW YORK

'I design so a woman's personality can shine through, to make her stand taller and see herself as the woman she wants to become.'



SHIRT, DKNY. SKIRT,
Marissa Webb.
SHOES, Oscar De La
Renta. BRACELETS,
CC Skye. RINGS,
Alibi NYC

MERIDITH VALIANDO ROJAS

Meridith Valiando Rojas

COFOUNDER/CEO, DIGITOUR

"I look young, and I'm often the only woman in outside meetings. I see guys thinking, How old are you? How much could you know? How big could your business be? But when I start talking, showing that we are the experts in the field, explaining that we were the first in our space and have tripled our revenue, they pay attention."

Patrisse Cullors, Alicia Garza, and Opal Tometi

COFOUNDERS,
#BLACKLIVESMATTER

"#BlackLivesMatter is a rehumanization project. Saying those words out loud restores people's dignity. It's a way for us to love each other, love ourselves, and project that love into the world so that we can transform it."

—ALICIA GARZA



ALICIA GARZA, OPAL TOMETI, AND PATRISSE CULLORS

ON ALICIA: TOP, Zara. SKIRT, DKNY. SHOES, SILVER CUFF, Banana Republic. SILVER COILED BRACELETS, PLAIN SILVER RING, W. Britt. POINTED RING, Moratorium. ON OPAL: JUMPSUIT, Diane Von Furstenberg. EAR-RINGS, BRACELETS, Moratorium. RINGS, Alibi NYC. ON PATRISSE: DRESS, Harper and Liv. SHOES, Monique Lhuillier. BRACELET, Moratorium

MAKEUP: SARA GLICK USING DIORSKIN NUDE HAIR: JEANIE SYFU USING TRESEMME FOR ATELIER MANAGEMENT MANICURE: JULIE KANDALEC FOR Dior Vernis, CLOCKWISE FROM TOP LEFT: ALICE HAY/TRUNK ARCHIVE; EMILY SHURKEY/CONTOUR BY GETTY IMAGES; M. SHARKEY/CONTOUR BY GETTY IMAGES; MARCUS MAM; THE COVETEUR; MAARTEN DE BOAR/CONTOUR BY GETTY IMAGES; M. SHARKEY/CONTOUR BY GETTY IMAGES.



LENA DUNHAM



MINDY KALING



ALISON BECHDEL



SHAAN PRUDEN



GINA RODRIGUEZ



LISA ELDRIDGE



SANDRA LOPEZ

Lena Dunham

ACTOR, WRITER, PRODUCER,
DIRECTOR, *GIRLS*

"My voice and my proverbial pen are mine forever, and that gets me high. My greatest hope when I began was that I could shift the beauty standard for women. My greatest hope now is that I can help to give a voice to many women who haven't had one before. Every version of feminism and femininity deserves a platform."

you want to be low-key and don't want everyone looking at you, and other days, you say, I look good—and own it!"

Mindy Kaling

ACTOR, WRITER, CREATOR,
THE MINDY PROJECT

"You know that thing you're obsessed with or fixated on that seems a little weird or nerdy? For me, that was TV and comedy. I realized how lucky I was to have an intense passion, because it gave me something to work toward."

Alison Bechdel

CARTOONIST, AUTHOR OF THE GRAPHIC MEMOIR *FUN HOME*, AND COCREATOR OF THE BECHDEL-WALLACE TEST, WHICH ASSESSES GENDER INEQUALITY IN MOVIES

"As a lesbian, I've gotten a lot of messages about how I should look, act, and feel. In order to hang on to my real self, I have tried to speak up and tell my story. It was never my intention to change the world...only to change *my* world."

Shaan Pruden

SENIOR DIRECTOR, PARTNERSHIP MANAGEMENT, APPLE

"Don't go home in shame if you try something new and it doesn't work out. It's like a badge of honor in the Valley. Dust yourself off, get up, and do it again."

Sandra Lopez

DIRECTOR, BUSINESS AND MARKETING STRATEGY FOR WEARABLE TECH, INTEL

"Intel has begun an initiative to have a fully representative workforce by 2020. I'm committed to diversifying Silicon Valley, but I can only make change if I work with people across all my communities: other women, other Latinos, and my Intel coworkers. I especially talk to my male colleagues, encouraging them, for example, to recruit and sponsor all women as well as under-represented men."

Gina Rodriguez

ACTOR, *JANE THE VIRGIN*

"Every role I've chosen has been one I think will push forward my idea of liberating young girls from feeling that they have to look like a specific beauty type."

Lisa Eldridge

LANCÔME GLOBAL MAKEUP
CREATIVE DIRECTOR AND YOUTUBE STAR

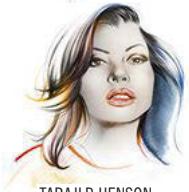
"Makeup lets you wake up and say, Who do I want to be today? Sometimes,



TAYLOR SWIFT



DEBBIE STERLING



TARAJI P. HENSON

Taylor Swift

GRAMMY AWARD-WINNING
SINGER/SONGWRITER

**'Can't stop,
won't stop mov-
ing / It's like I
got this music /
In my mind /
Saying
it's gonna be
alright.'**

— Shake it off

Debbie Sterling

FOUNDER AND CEO, GOLDBLOX, COOL ENGINEERING TOYS FOR GIRLS

'It's easy to get disheartened when, in 2015, a Nobel prize-winning scientist says things like 'girls' don't belong in the lab. But when we stand together, we won't be ignored.'

Taraji P. Henson

ACTOR, EMPIRE

'Art is a vehicle to change the world, a motivator and truth teller. I am always going to speak the truth, to shed light where it's needed.'



JACKET, Marissa Webb. **JEANS**, Banana Republic. **SHOES**, Miu Miu. **JEWELRY**, Marissa's own



DRESS, *Alice + Olivia* by Stacey Bendet.
JACKET, *American Eagle Outfitters*.
BRACELETS (*from top*), *Lele Sadoughi*, *Lulu Frost*



ALICIA QUARLES

Hillary Clinton

FORMER U.S. SECRETARY OF STATE, PRESIDENTIAL CANDIDATE

“Every time I’ve run for office, I’ve been accused of playing the gender card. If calling for equal pay and paid leave and a higher minimum wage and more women in positions of leadership across the country is playing the gender card, then deal me in.”

BC Richters
about your health. If someone in your family is sick, you would ask every question, so do the same for yourself. If you don’t understand something, you ask and you ask and you ask again. And you get a second opinion. Nobody knows your body like you do.”

Alicia Quarles

ENTERTAINMENT JOURNALIST AND PATIENT ADVOCATE

"Be relentless about your health. If someone in your family is sick, you would ask every question, so do the same for yourself. If you don't understand something, you ask and you ask and you ask again. And you get a second opinion. Nobody knows your body like you do."

PANTENE

**STRONG IS
TAKING THE HEAT**



Pantene's rich, creamy Daily Moisture Renewal Shampoo and Conditioner sends powerful Pro-V moisture deep into your hair. So even the dry damage from 100 blowdries transforms into silky amazing.

STRONG IS BEAUTIFUL™



BETHANY MOTA



MOJ MAHDARA



MELODY HOBSON



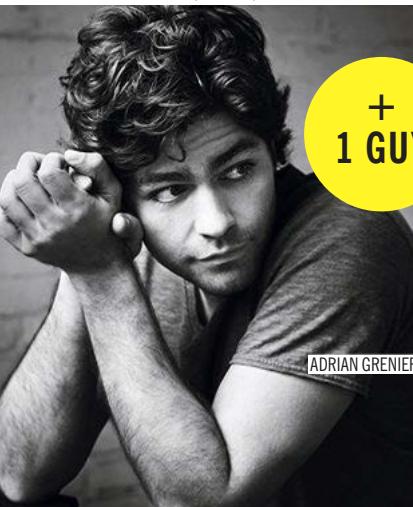
1ST LT. SHAYE HAVER AND CAPT. KRISTEN GRIEST



LAVERNE COX, CENTER, WITH THE CAST OF *OITNB*



SAUNDRA PELLETIER



+
1 GUY

ADRIAN GRENIER

Bethany Mota

YOUTUBE STAR, DESIGNER

"I used to hold myself back in fear that people would judge my ideas or opinions. Once I started challenging myself and taking risks, I realized how capable I really was. You are your ideas—run with them!"

Moj Mahdara

CEO, BEAUTYCON, A DIGITAL AND LIVE-EVENT COMMUNITY CONNECTING YOUTUBE STARS WITH THEIR FANS

"Everyone—male, female, transgender, and beyond—needs to speak up for their own ideas and causes and for those whose voices may not be heard."

Melody Hobson

PRESIDENT, ARIEL INVESTMENTS

An advocate for financial literacy, especially for women, she sits on three corporate boards—DreamWorks Animation (where's she's chair), Starbucks, and Estée Lauder—in addition to running a \$10.9 billion investment firm.

1st Lt. Shaye Haver and Capt. Kristen Griest

THE FIRST WOMEN EVER TO GRADUATE FROM THE U.S. ARMY'S RANGER SCHOOL

What did they do? Forty-nine push-ups, 59 sit-ups, a 5-mile run in 40 minutes, 6 chin-ups, a swimming test, a land navigation test, a 12-mile foot march in 3 hours, obstacle courses, 4 days of military mountaineering, 3 parachute jumps, 4 air assaults on helicopters,

multiple rubber boat movements, and 27 days of mock combat patrols. Damn, girls!

Laverne Cox

ACTOR, *ORANGE IS THE NEW BLACK*

"We have more in common than we have differences. When we love people, we allow them to determine who they are and let them have control over their bodies without judgment."

Saundra Pelletier

FOUNDING CEO, WOMANCARE GLOBAL, WHICH PROVIDES AFFORDABLE AND SAFE REPRODUCTIVE HEALTH-CARE PRODUCTS FOR WOMEN IN DEVELOPING COUNTRIES

"I'm proud my work helps women around the world access and afford high-quality contraception. I want to be fearless in annihilating the idea that women's reproductive health is something to be discussed in the shadows. And men have to be part of the conversation."

Adrian Grenier

SOCIAL-GOOD ADVOCATE, DELL; ACTOR. YOU GUYS VOTED FOR HIM ON COSMOPOLITAN.COM AS THE MOST FUN AND FEARLESS MAN!

"I've been in the environmental business for 20 years. I have been frustrated, and I have been outraged. I've had periods when I almost gave up. But I was raised by a powerful single mother who inspired me, and I kept going. And today, I feel optimistic and like we can move the needle."

COVERGIRL

EASY BREEZY BEAUTIFUL

SOFIA VERGARA

A large, clear glass bottle of COVERGIRL Outlast Stay Luminous Natural Glow Foundation is shown in the lower-left corner. The bottle has a red pump dispenser and a white cap. The label features the brand name, product name, and 'natural glow foundation' text. To the right of the bottle is a close-up portrait of actress Sofia Vergara. She has long, wavy brown hair and is wearing a white top. She is looking directly at the camera with a slight smile.

LOVE AT FIRST LIGHT

NEW

OUTLAST STAY LUMINOUS

Break up with longwear makeup that's dry and dull.
Stay Luminous has ALL-DAY MOISTURE PLUS LUMINOSITY
for a long-lasting natural glow.

in 7 luminous shades

get the radiant glow of love
[@covergirl.com/stayluminous](http://covergirl.com/stayluminous)

COVERGIRL®

EASY BREEZY BEAUTIFUL

KATY PERRY

SUPERSIZE
YOUR LASHES

INTRODUCING
THE
**SUPER
SIZER**
MASCARA

Katy is wearing lash inserts.

NEW
LASH STYLER
FOR
400%
**BIGGER
VOLUME**

The amazing Lash Styler with 400% more volume power! Load on the volume, twirl to comb through. See how to Supersize your eyes @ covergirl.com/supersizer

©2011 P&G





THE POWER TOOLS:

THE SUPER SIZER MASCARA has a breakthrough Lash Styler that transforms even small lashes. It's also the perfect finish to a winged eye, created by the **INTENSIFY ME! LIQUID LINER**.



THE POWER TOOL:

With four buildable shades, the **EYE SHADOW QUAD** in Breathtaking Blues can take your look from subtle to dramatic in the blink of an eye.



THE POWER TOOL:

When you want a bold lip look, the last thing you need is color that fades or flakes. That's why **OUTLAST LONGWEAR LIPSTICK** has major moisture and stays put!



COVERGIRL®



LIFE OF THE PARTY

1.

GO BOLD OR GO HOME

Who pulls off a bold eye and a red lip? You do! And since **Outlast Longwear Lipstick** in Amazing Auburn doesn't flake or crumble, you will turn heads all night.



2.

BOLT FOR BLUE

When the lights are off—your eyes are on! Electrify your look with the **Eye Shadow Quad** in Breathtaking Blues. It has four shades enriched with skin conditioners for smooth application.



3.

PUT IT ALL ON THE LINE

Intensify Me! Liquid Liner has a black glide-on formula that dries quickly for instant drama. Line the top lashes for eyes that are ready to rock.



#MOST FOLLOWED

1.

SHARE YOUR GOLDEN TOUCH

The **Eye Shadow Quad** in Go For the Golds has every shade you need to create sparkle and drama. Apply the lightest shade on the inside corners of the eyes, the bronze shades on lids, and the dark brown in the creases.



2.

GET SELFIE-READY SKIN

Set the stage with **Outlast Stay Luminous Foundation**'s oil-free, non-greasy formula. It delivers naturally luminous skin that loves the camera and lasts all day (and night).



3.

KISS, SMILE, REPEAT

No glam party look is complete without a daring lip color that has 'em hanging on every word—and every photo. Try **Outlast Longwear Lipstick** in Red Revenge for all-day moisture and color.



LIKE A BOSS

1.

TAKE CONTROL

Defined eyes say you mean business, and **Intensify Me!**

Liquid Liner gives you the control of a pencil with the intensity of a liquid. Use the paddle-shape tip to create a winged look.



2.

SHOW YOUR MAX POTENTIAL

You do nothing halfway, so take your lashes to the max with **The Super Sizer Mascara**. It gives you 400% more corner-to-corner volume for a fanned-out effect.



3.

WORK YOUR WAY UP

Build your sophisticated eye look with the **Eye Shadow Quad** in Stunning Smokeys. Going from subtle to smoldering is as easy as 1, 2, 3, 4.



COVERGIRL®



MORE
POWER
TO YOU

If you're a take-charge kind of woman, you need a look that lives up to your leading role. COVERGIRL has you covered with beauty tools that will style your star-stature.

[OPEN TO FIND OUT MORE](#)

PHOTOGRAPHED BY FRANCESCO CARROZZINI. STYLED BY ELIZABETH STEWART. HAIR: (KHLOÉ) JEN ATKIN FOR WELLA PROFESSIONALS AT THE WALL GROUP; (KENDALL, KYLIE) SCOTT CUNHA FOR THE ONLY AGENCY USING ORIBE AND KARDASHIAN BEAUTY. MAKEUP: (KYLIE) JOYCE BONELLI; (KHLOÉ) MARIO DEIVANOVIC AT THE WALL GROUP; (KENDALL) ROB SCHEPPI FOR CLOUTIER REMIX USING TWEEZERMAN BRUSH CO. MANICURE: (KHLOÉ, KYLIE) KIMMIE KYLES FOR ORLY INT'L; (KENDALL) KIM TRUONG. PRODUCTION: FIRST SHOT PRODUCTIONS. PROP STYLIST: ANDY HENBEST/FANK REPS. SEE PAGE 254 FOR SHOPPING INFORMATION.



WHAT'S **SEXY** FOR NOVEMBER

"WE DON'T HAVE TO BE FRIENDS
WITH ONE ANOTHER. WE'RE FAMILY BY BLOOD,
BUT WE'RE FRIENDS BY CHOICE."

—KHLOÉ KARDASHIAN

ON KHLOÉ: DRESS, House of CB London. EARRINGS, W. Britt. BRACELET (worn throughout), Khloé's own Cartier. ON KYLIE: TOP, SKIRT, Franziska Fox. EARRINGS, Kavant & Sharart. BRACELETS (worn throughout), Kylie's own Cartier. RINGS (on right), Jefferson NYC; (on left) Fallon. ON KENDALL: DRESS, Fendi

WE ARE FAMILY.

GRAB THE CHAMPERS! TO CELEBRATE OUR 50TH BIRTHDAY, THE GIRL SQUAD TO END ALL GIRL SQUADS SHARES THE SECRETS OF THEIR RIDE-OR-DIE SISTERHOOD. BUT FIRST...THEIR SELF-DESCRIBED "BIG BROTHER," KEEPING UP WITH THE KARDASHIANS EXECUTIVE PRODUCER RYAN SEACREST, EXPLAINS WHY THERE'S NO QUITTING THESE COSMO GIRLS.



SHIRTS (on Khloé, Kylie, and Kourtney), Marc Jacobs; (on Kris, Kendall, and Kim) Calvin Klein White Label. SHOES (on Kylie, Kendall, and Kim), Jimmy Choo

AS TOLD TO
KATIE L. CONNOR

PHOTOGRAPHED BY
FRANCESCO CARROZZINI

STYLED BY
ELIZABETH STEWART

LAST JULY, I WAS honored when Kris Jenner asked me to host a special graduation party for Kendall and Kylie. I said to them how proud I was of how they have handled the craziness of the show. Growing up is tough—imagine being at the center of the zeitgeist.

No one could have predicted the Kardashians' and Jenners' success. But when you

spend time with them, what resonates is the family unit. There are so many things about them that are glamorous, crazy, and unlike our lives, but the sense of family is universal. They love and stand by one another no matter what. And there is something so honest about the way the sisters speak to each other—their unvarnished candor reveals how close they really are. What's more, they present acceptance. You look at Bruce and now Caitlyn—you see the power of a family to come together when it would be so easy to fall apart. There's comfort in viewing that steadfastness of love.

I also admire their work ethic. They are always on time and professional. And while there are plenty of days when they are traveling and doing amazing things, there are just as many days when they are going through something emotional and find it difficult to have a producer in the room. But early on, before the show even began, they made a family pact that they were going to document their lives through thick and thin. It takes courage to go on camera and deal with something with which you never thought you'd be dealing. I, for one, thank them for sharing the journey, because more often than not, it's not only entertaining, it's inspiring.

—RYAN SEACREST



KIM

ON KOURTNEY

I DON'T KNOW WHAT I WOULD have done if I'd been born first. I copied every single thing that Kourtney did. She taught me how to tie my shoes. She taught me everything. I couldn't have survived life without her.

Of course, we've had some huge fights. She knows exactly how to get to other people. I had to wear a bra at a really young age, and she would destroy me over it. But you can say anything to her—nothing fazes her.

She is the most practical one—stable and calm. Every once in a while she'll break down, but she always has the attitude of "We're going to get through this. It's going to be okay." It's rare to see her cry. The moment you'd expect to see someone cry is the exact moment when she *won't* cry.

I'm not really a fearless person. After becoming a mom, I became more fearful. But I think Kourtney is the bravest. In the beginning of the show, when I thought little things were such a big deal and would get so upset, she made me realize they weren't. She taught me that it's not worth wasting your energy on things that ultimately don't matter.

What's surprising is that in college, she was a wild party girl. She didn't like kids growing up. She had a kids' clothing store and hated when kids came in! Now she's the best mom in the world. And as a new mom, I call her for everything. It's exactly like how we were before. I just copy Kourtney. And it's funny—my daughter wants to do everything that Kourtney's daughter, Penelope, does. We've come full circle.

HAIR: (Kris, Kim) Chris McMillan for Living Proof @ SoloArtists.com; (Khloé) Jen Atkin for Wella Professionals at The Wall Group; (Kourtney) Peter Savic at Opus Beauty; (Kendall, Kylie) Scott Cunha for The Only Agency using Oribe and Kardashian Beauty. MAKEUP: (Kris, Kylie) Joyce Bonelli; (Kim, Khloé) Mario Dedivanovic at The Wall Group; (Kendall, Kourtney) Rob Scheppy for Cloutier Remix using Tweezerman Brush IQ. MANICURE: (Kris, Kim) Kailey Phan; (Khloé, Kylie) Kimmie Kyees for Orly Int'l.; (Kendall, Kourtney) Kim Truong. PRODUCTION: First Shot Productions. PROP STYLING: Andy Henbest/ Frank Reps. See page 254 for shopping information.

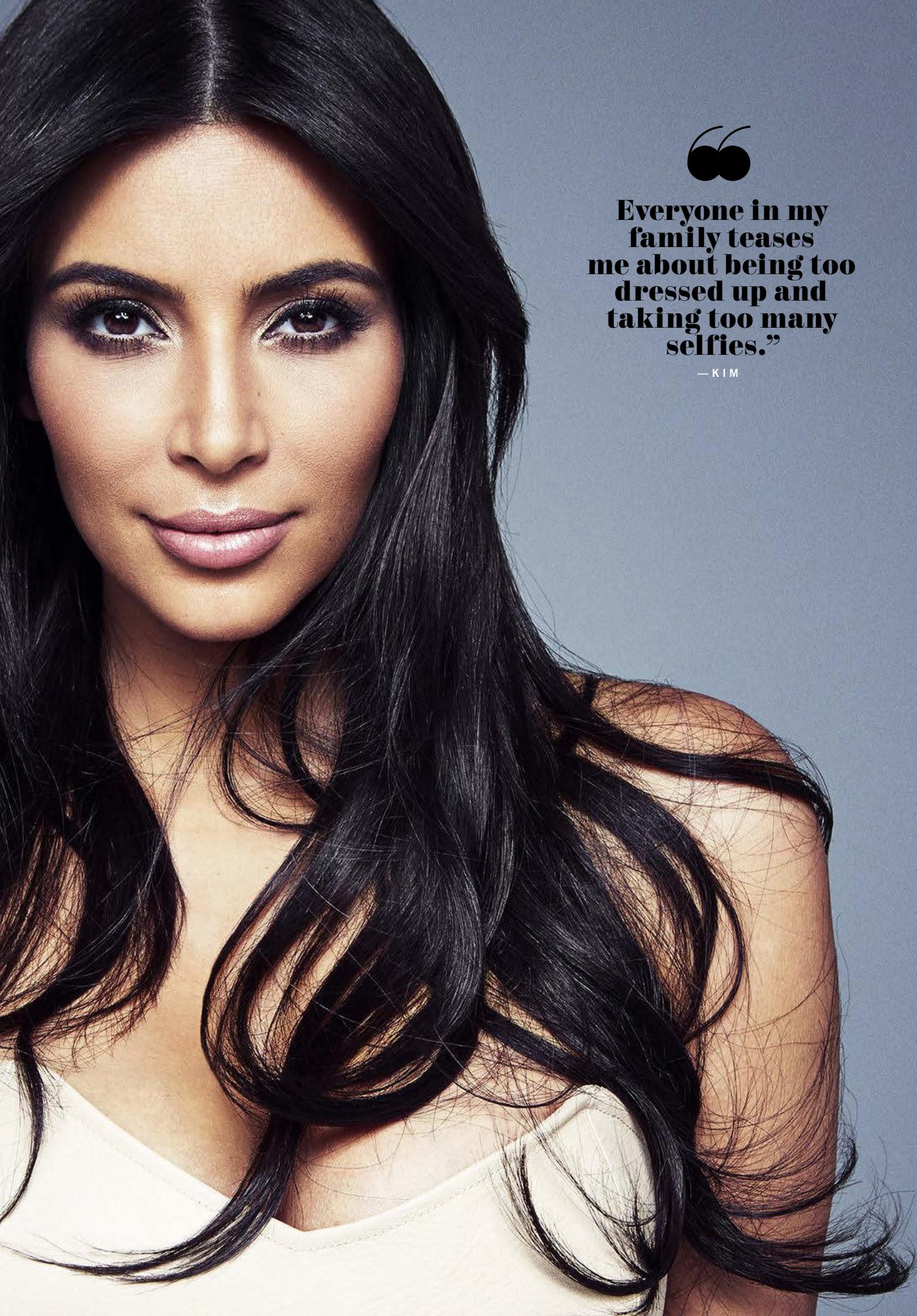
BEAUTY TIP
SCORE THE K'S
SIGNATURE SHINY
STRANDS BY
SMOOTHING
KARDASHIAN BEAUTY
BLACK SEED DRY
OIL, \$16.50,
FROM MID-LENGTH
TO ENDS.

DRESS, **House
of CB London**

“

**Everyone in my
family teases
me about being too
dressed up and
taking too many
selfies.”**

— KIM



KHLOÉ

ON KIM



I AM THE MOMMY TO KENDALL and Kylie, and I have a playful relationship with Kourtney. But my relationship with Kim is more adult. I go to her for really serious matters. Some people you talk to and it's in one ear and out the other. Kim genuinely listens. During a breakup, you think, *This is it. No one's going to date me again.* Kim is the person who reminds you that life is going to be okay. Because of her past relationships, she has felt the same way, so she knows what to say.

Growing up, I thought she was the coolest ever. She's always been so beautiful, and I was enamored by what it must be like to look like an effortlessly beautiful girl. I always tried to do my hair like hers, which didn't work since my hair is blonde and curly. I was always being compared to my sisters because I looked so different from them. It was frustrating because I would never look like them—I am Khloé, not them!

When our dad died, I distanced myself not just from Kim but from everybody. After a couple of years, we went back to having a great relationship. Now that Kim is in such a happy place in her life—married and has such peace with her babies—we get along so great. Sometimes I see her roll her eyes at me, but I don't take it personally. It's just that my energy level is loud and she's really soft-spoken and quiet. She doesn't like to curse or drink. I'm like a truck driver in comparison.

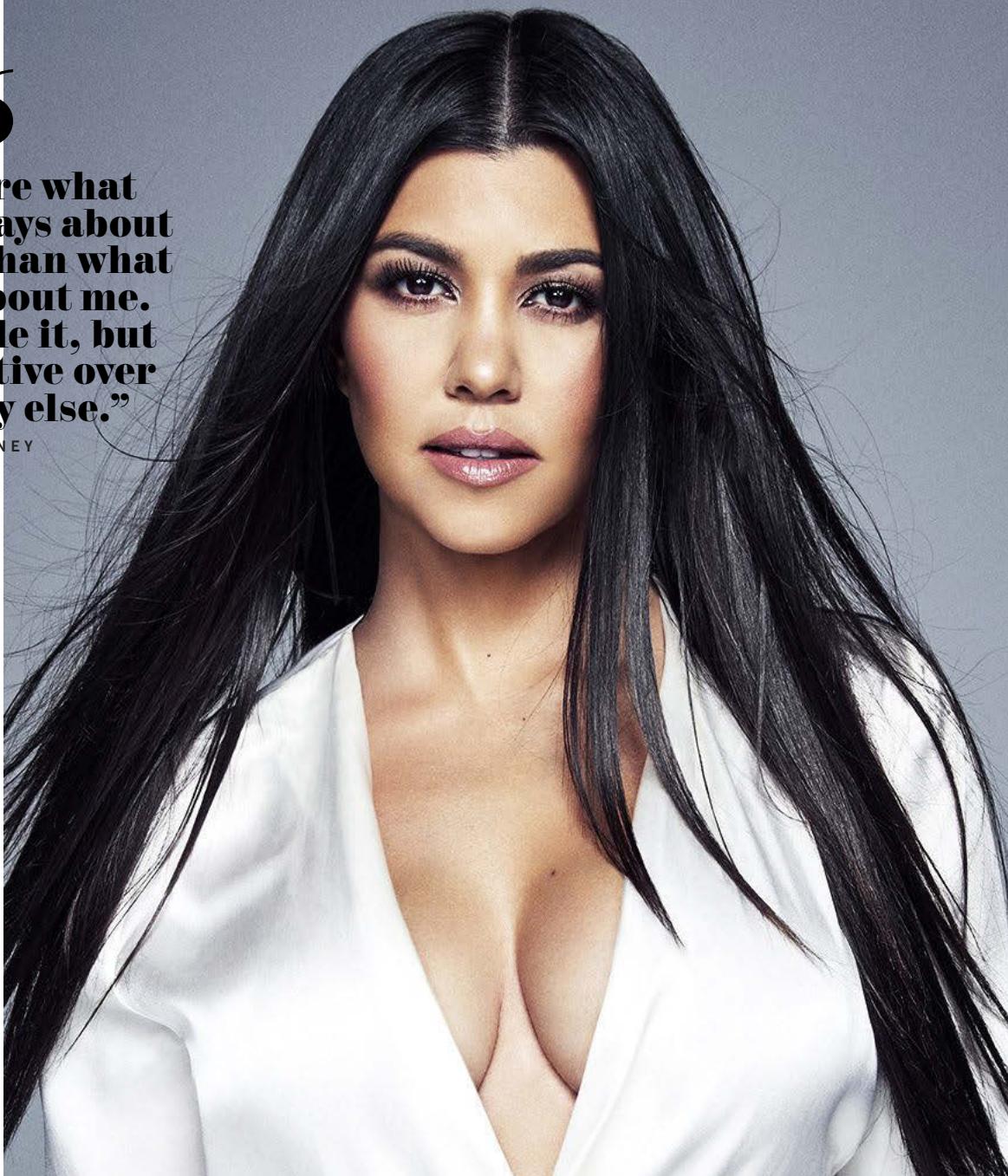
It's frustrating that anyone would think Kim is self-centered or cares only about looks. She has the biggest heart. She wants to uplift everyone. Just because someone takes a selfie—which is what the whole world does!—doesn't mean she should be labeled as egotistical. You can take a fucking selfie. That doesn't define where your heart is.

DRESS, *Cushnie et Ochs*.
OPPOSITE PAGE:
DRESS, *Gomes Gracia*

“

**I care more what
somebody says about
my sisters than what
they say about me.
I can handle it, but
I'm protective over
everybody else.”**

— KOURTNEY



KOURTNEY

ON KENDALL

I WAS IN THE DELIVERY ROOM when Kendall was born. It was magical to witness my mom giving birth. Before I went off to college, I would babysit her all the time. She and Kylie reminded me a lot of Kim and me—we were inseparable.

In superficial ways, Kendall and I are opposites, like, I'm 5 feet tall and she's a supermodel. But our demeanor is similar. We're even-keeled, not dramatic. My sisters are the people I feel safest talking to.

And I don't think age matters when it comes to relationship advice. It isn't always all about experience. Sometimes Kendall and Kylie are more in tune with their emotions, because as we get older, if we've been burned, we can shut our emotions down. I love talking to them because they're so much more open. And Kendall is pretty level-headed. She sees things from both sides.

From a very early age, Kendall would say, “I'm gonna be a model.” Looking back, I'm like, how did you even know that? You had no clue how tall you were going to be or what you

were going to look like! But she just knew. I'm still blown away that she saw what she wanted in life and made it happen.

I've told her that going to college was one of the best experiences just as far as living outside of my home, learning how to do laundry, and making my own friends that weren't also friends with Kim. But Kendall has that with her job. She travels, lives away from home, has had to learn how to take care of herself and make her own friends. She has an amazing work ethic, so for her world, she made a great decision.



BEAUTY TIP
WHO DOESN'T
WANT SKIN
THIS FLAWLESS?
KENDALL'S
SECRET: ESTÉE
LAUDER
DOUBLE WEAR
MAKEUP TO GO
LIQUID COMPACT,
\$45.

“
**Kylie and I are
both pretty
brave—much
braver than the
Kardashians.
We have the
Jenner in us.”**

—KENDALL

ON KENDALL: DRESS, *Fendi*. ON
KHLOÉ: DRESS, *House of CB*
London. ON KYLIE: TOP, *Franziska*
Fox. EARRINGS, *Kavant &*
Sharart. CUFF, *Jennifer Fisher*

KENDALL

ON KYLIE

OUR FAMILY GREW UP IN TWOS—
Khloé and Rob, Kourtney and Kim, Brandon and Brody, Burt and Casey....We're pairs, and Kylie is my two.

With our dad [and the transition], my sisters and I, we all had our experiences with it, but for Kylie and me, being the closest in age, we had our intimate moments of catching him or finding things. Those moments were me and Kylie only, so we had a different connection with it. My dad is *my* dad. He's their dad too, but he's my blood. I was Daddy's girl and was so obsessed with her—same with Kylie—we spent every day with my dad, so it had a special effect on both of us.

Everyone thinks based on how she looks and acts that Kylie is super mature and grown up, and I'm sure she loves that. But I see the Kylie who's young and fun. When you're around her, she brightens the room. I know that sounds cheesy, but she has this energy that's awesome. Even when she was little, she was always crazy, chatty, and all over the place. My brother would get a new girlfriend, and she would lock her out of the house in the rain just because she thought it was funny. She's a wild card.

She's a Leo so she loves attention, and at certain points when we were younger, it bothered her that I was getting attention in terms of my modeling. I think that's a natural younger-sister thing—to be jealous. I was jealous of her at times too! But now she loves what I do and supports me. She's very into fashion and always texts me when I'm doing a big show like, "That is the sickest thing ever! How were the clothes?" It's as much a part of her life as it is mine.



**Me, Khloé,
and Rob, we're
the weird ones
of the family."**

— KYLIE

BEAUTY TIP
COMPLETE WITH
A LIPSTICK AND
GLOSS, KYLIE'S
LIP KIT, \$29 (OUT
NOW!), IS THE
EASIEST WAY TO
CREATE A
PLUMPER POUT.



KYLIE

ON KHLOÉ

KHLOÉ PUTS HER ALL INTO her relationships. She loves really hard. I feel like people don't realize that. She drops everything for everybody.

Growing up, she was like a second mom to me. Because she was younger, Kendall and I confided in her because we thought my mom wouldn't understand. I'm sure she would call my mom and tell her everything, but she always had our backs. If we ever had an issue with people, she would call the other person's parents. Just last night, we were at a party together, and a guy was being super rude to me. She went off on him.

When I wanted to be on Facebook, Khloé had the password. She probably still has my Twitter password, but we've moved past that. Of course my mom was also hands-on—she was the scariest person growing up—but Khloé gave my life a balance. I wouldn't be as funny if it weren't for her. She made me feel like I could be myself.

Now that I'm older, there have been times when we've gotten into arguments because she still thinks of me as her baby sister. When I was 8 and she was 20, we couldn't talk about everything—we just weren't on the same level. But now that I'm 18, I have my own home, and I'm doing my thing, we understand each other. We're best friends. And even though she is older and has been through different relationships, she never tells me who to date and who not to date. She lets me live my life.

I'm really excited for [her new FYI channel show] *Kocktails With Khloé*. I would love to be on it. She has a great opinion on things. She's so witty and outspoken—it's about time she had her own talk show.

TOP, Jonathan Simkhai.
SHORTS, Jennifer Katz. EARRINGS,
Kylie's own

OUT - O F - T H I S - W O R L D

HOT



FALL'S SCI-FI-INSPIRED
LOOKS ARE PERFECT
FOR GIRLS' NIGHT OUT
—OR WORLD DOMINATION!
TIME TO KICK ASS,
TAKE NAMES... WHILE
LOOKING EPIC.

•
BY LONI VENTI

PHOTOGRAPHED BY ALEXEI HAY
FASHION EDITOR: JAMES
WORTHINGTON - DEMOLET

ASCENDING
MAGENTA

Inspo: JUPITER JONES
(played by Mila Kunis) in
Jupiter Ascending

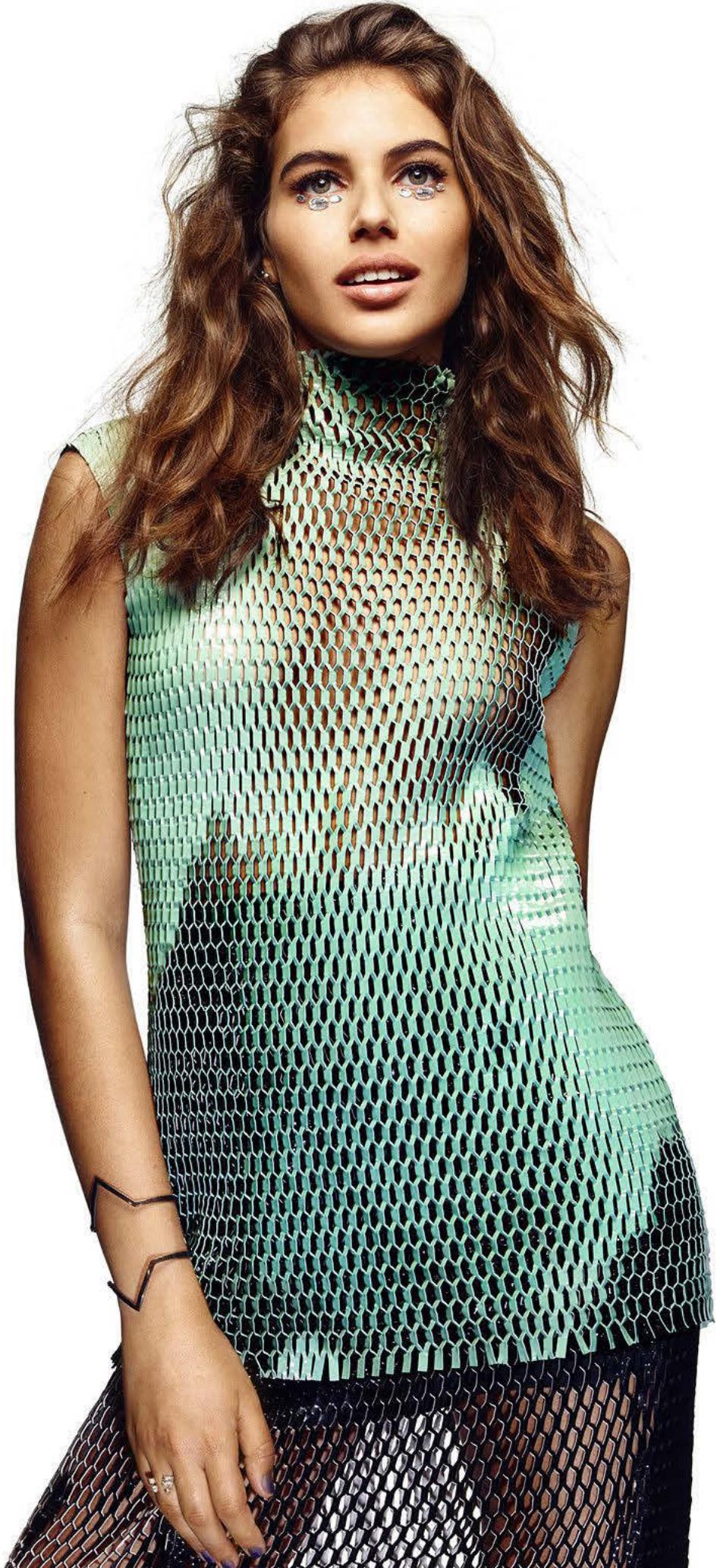
Take the prissy out of pink by fearlessly sweeping it from lids to brows. Layer fuchsia shadow over matching cream (or apply powder shadow wet). Finish with black liner (try CoverGirl Intensify Me! Liquid Eyeliner by LashBlast, \$7) and several coats of mascara.

DRESS, TROUSERS,
Jonathan Simkhai.
BOOTS, *Dior*.
EARRINGS (cone),
Armadoro Jewelry;
(hoops) *Lynn Ban Jewelry*.
LARGE CUFF,
Oblik Atelier. BLUE
CUFFS, *Alexis Bittar*.
RING, *Stella & Bow*

MOCKINGJAY
GEMS

Inspo: KATNISS EVERDEEN (played by Jennifer Lawrence) in *The Hunger Games: Mockingjay, Part 2*

Crystals as liner? 3, 2, 1... eye contact! Place various-size flat-back jewels (score them at any craft store) under your eyes using lash glue, pressing each into position for about 10 seconds.



TOP, SKIRT, Dior.
EARRINGS, Stella & Bow.
CUFF, Michelle Campbell. RINGS,
Pamela Love

HAIR: Andre Gunn using Jane Carter Solution at Honey Artists. MAKEUP: Kabuki for Diorshow (kabukimagic.com).

MANICURE: Julie Kandalec for Dior Vernis. MODEL: Shlomit Malka/ReQuest Models. See page 254 for shopping information.



VEST, SKIRT, Ohne
Titel. EARRINGS
(silver), Stella &
Bore; (black) Lynn
Ban Jewelry.
ARM CUFF, Arme de
L'Amour. RINGS
(middle finger),
Giles + Bro; (ring
finger) Hidalgo

SKYWALKER
CHEEKS

Inspo: REY (played by
Daisy Ridley) in Star
Wars: The Force Awakens

Neutral lovers, meet your
futuristic match: sky-high
cheekbones. Even out
your skin with foundation,
and nix shine with powder
(try Make Up For Ever HD
Microfinish Powder, \$34).
To sculpt, sweep bronzer
under the apples of your
cheeks, brush up to
temples then back three
times. Last, loads of
mascara, a nude lip, and
Leia-like bubble ponyes.



ASCENDING MAGENTA

CIATÉ LONDON Lip N' Mix Pigment in Pout, \$10
COVERGIRL Queen Collection Eye Shadow Pot in Pink Sequin, \$4.49
LANCÔME Drama Liqui-Pencil in Macaron, \$23

MOCKINGJAY GEMS

ESTÉE LAUDER Magic Smoky Powder Shadow Stick in Cool Ash, \$22
COVERGIRL Star Wars Mascara in Very Black Blaze, \$6
MAKE UP FOR EVER Crystal Strass #1 Diamond, \$21

SKYWALKER CHEEKS

COVERGIRL Star Wars Lipstick in Jedi, \$6
GIVENCHY Noir Couture Volume Mascara, \$33
COVERGIRL Clean Glow Blush & Bronzer in Spices, \$7

SMOKY TO THE MAX

COVERGIRL Outlast Longwear Lipstick in Phantom Pink, \$7
YVES SAINT LAURENT Couture Kajal Eyeliner in 1 Noir Ardent, \$35
CHANEL Illusion d'Ombre Long Wear Luminous Eye Shadow, in Mirifique, \$36



DRESS, *Nina Ricci*. EARRINGS, *Shaun Leane*. NECKLACES (gold), *Lele Sadoughi*; (silver) *Eddie Borgo*

SMOKY TO
THE MAX

Inspo: IMPERATOR FURIOSA
(played by Charlize Theron)
in *Mad Max: Fury Road*

The secret to this textured eye:
a foundation sponge. Fill inner
rims and upper lids with a
black eye crayon. Then use the
sponge to dab on black cream
(like Diorshow Fusion Mono
Matte Eye Shadow in Noc-
turne, \$31). Keep skin dewy
with CoverGirl Outlast Stay
Luminous Foundation, \$9.79,
and add a pale pink lip.

WHAT'S THE CURE-
ALL WHEN REAL
LIFE GETS TOO,
WELL, REAL?
A GREAT ESCAPE
WITH AN EVEN
GREATER FRIEND.
PACK UP YOUR
FUNKIEST PRINTS,
KNITS, AND LAYERS:
MODELS ON THE
RISE (AND BESTIES
IRL) NADINE
LEOPOLD AND
GABBY WESTBROOK
DEMONSTRATE
HOW TO SOJOURN
IN STYLE.

DAY



A photograph of two women standing in a grassy, outdoor setting. The woman on the left, Gabby, wears a wide-brimmed brown hat, a patterned jacket over a top and shorts, and fringe boots. The woman on the right, Nadine, wears a dark, patterned coat over a sweater and pants, and brown leather boots. They are both smiling.

ON GABBY (LEFT): JACKET, TOP,
SHORTS, *Etro*. BOOTS, *Roger Vivier*. HAT, *Stetson*. ON
NADINE: JACKET, PANTS, *Tory Burch*. SWEATER, *Jill Stuart*. SHOES, *Karen Walker*. NECKLACE, *Azuni London*
OPPOSITE PAGE: COAT, SWEATER, SKIRT, *Chanel*

TRIPPIERS

PHOTOGRAPHED BY JAMES MACARI
FASHION DIRECTOR: AYA KANAI



"WE KNEW WE'D BE FRIENDS RIGHT AWAY.

WE JUST CLICKED.

WE SAY IT'S LIKE WE'VE
ALWAYS KNOWN EACH OTHER." —NADINE

BEAUTY TIP.
BOLD YET BOHO:
DIOR LA COLLECTION
PRIVÉE CUIR
CANNAGE, \$210,
SMELLS LIKE
A WEEKEND
ESCAPE—BOTTLED.

FROM LEFT: DRESS, PANTS,
Acne Studios. SHOES,
Laurenco Decade.
BAG, *Jerome Dreyfuss*.
NECKLACE, *Lucky Brand*. JACKET, *Off-White c/o Virgil Abloh*. DRESS,
Salvatore Ferragamo.
SUNGlasses, *Pared Eyewear*.

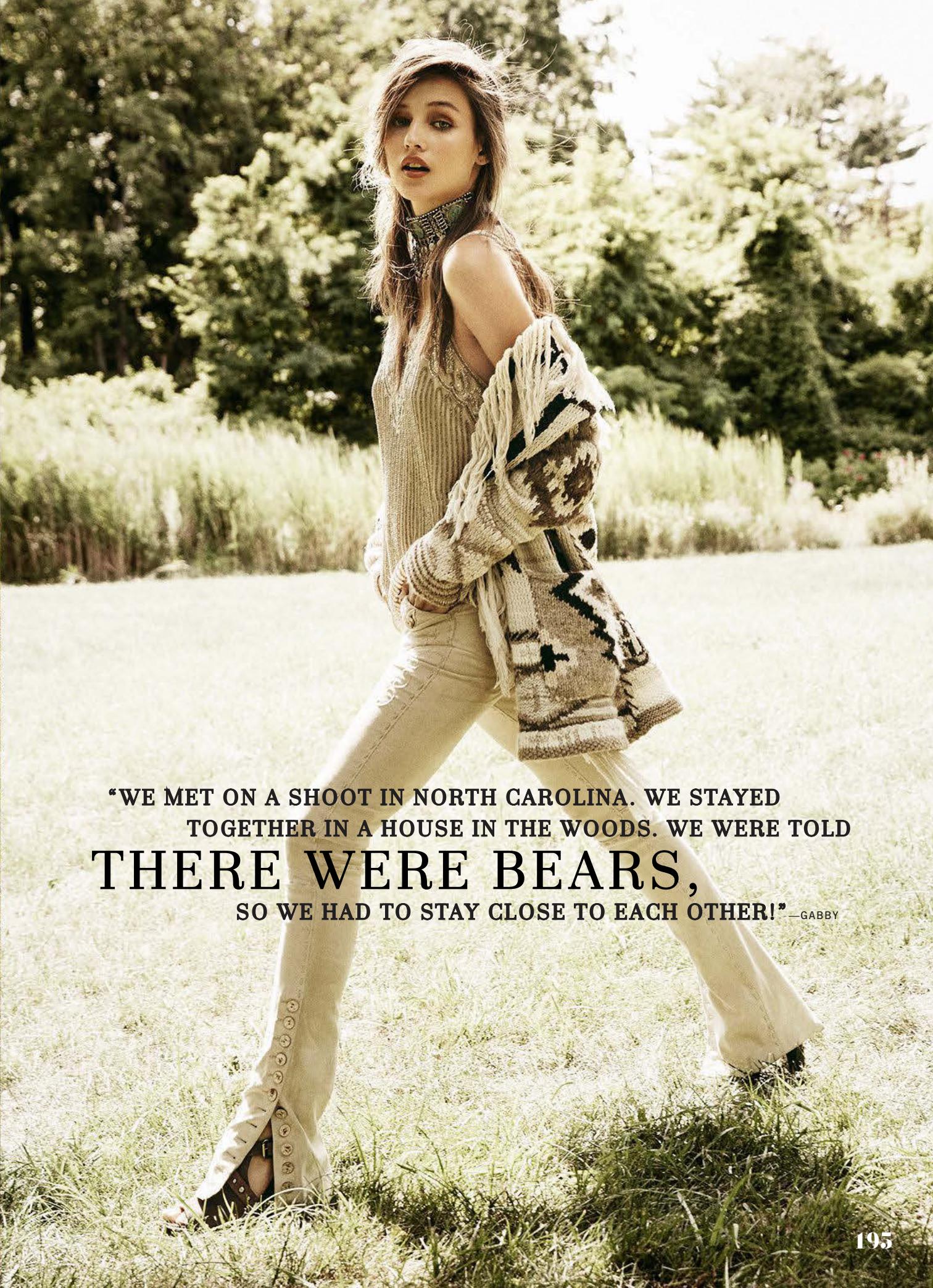
OPPOSITE PAGE: COAT,
DRESS, *Valentino*.
SHOES *Ancient Greek Sandals*. EARRINGS,
AnniLondon.



BEAUTY TIP
SCORE NADINE'S
FRESH-FACED LOOK
WITH GIORGIO
ARMANI BEAUTY
LUMINOUS SILK
COMPACT, \$64.

JACKET, *Maje*. SHIRT,
Just Cavalli. SHORTS,
Rebecca Minkoff.
HAT, *Stetson*.

OPPOSITE PAGE:
SWEATER, TOP, PANTS,
SHOES, *Polo Ralph
Lauren*. NECKLACE,
Pebble London.

A full-page photograph of a woman with long brown hair, wearing a ribbed, light-colored tank top, a large patterned shawl or poncho, and light-colored pants with a belt featuring circular patterns. She is standing in a grassy field with trees in the background, looking over her shoulder.

"WE MET ON A SHOOT IN NORTH CAROLINA. WE STAYED
TOGETHER IN A HOUSE IN THE WOODS. WE WERE TOLD
THERE WERE BEARS,
SO WE HAD TO STAY CLOSE TO EACH OTHER!"

—GABBY



DRESS, BAG, *Burberry*. HAT,
Littledo Accessories

OPPOSITE PAGE: FROM LEFT: TOP,
SKIRT, *Altuzarra*. EARRINGS,
BRACELETS, *Pebble London*.
RING, *Pyrhra*. COAT, *The
Arrivals*. TOP, PANTS, *Rachel
Comey*. NECKLACE, *Ibu*

HAIR: Martin-Christopher
Harper @Platform|NYC
using Aveda. MAKEUP: Robert
Greene using MAC at Honey
Artists. MANICURE: Shao Lu.
MODELS: Nadine Leopold/
IMG; Gabby Westbrook/The
Lions. See page 254 for
shopping information.



"NADINE AND I CAN FIND THE
FUN IN ANYTHING. THERE'S
NO FILTER BETWEEN US.

WHEN WE'RE TOGETHER, IT'S JUST
RAW AND REAL."

—GABBY

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*Average results of a clinical study on 23 women.



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SEPHORA

IT'S
MARINA VYIDEKEL

LOVE LUST

Cosmo's 50 Best Sex Tips Ever

YOUR SEX GAME
IS ABOUT TO GET SO.
MUCH. HOTTER. WE'RE
RECOUNTING OUR BEST
(OKAY, AND SOME OF
OUR CRAZIEST) SEX AND
RELATIONSHIP MOVES
FOR OUR 50TH BIRTHDAY.
CHEERS TO THAT!

BY ANNA BRESLAW

COSMO HAS BEEN EDUCATING and empowering women for half a century, and our sex tips remain as fun, raunchy, and useful as ever. "There is still so much women don't know about their bodies and turn-ons," says ob-gyn Jennifer Ashton, MD. "Whether it's giving medical information or sharing new ways to get your freak on, Cosmo's led the way for women to embrace their sexuality and been a judgment-free zone." Sure, we've doled out some silly, even infamous advice*, but way before it was in fashion, we were unashamed to present women's sexual enjoyment as something worth standing up for. So let's toast to that, and to you: May we continue to help ladies break bed frames for another 50 years.

1. REAL TALK: Roughly 70 percent of women need more clitoral stimulation to O during sex—so reach down and touch yourself during the deed! You feel in control of your O, and he's super turned on. Win-win.

2. FOR A TWIST ON missionary, lie on your back, and lift your legs up and over to one side as he enters you. Raising your legs makes you supertight, and the angle of your hips means he'll hit spots that rarely get TLC.

3. GET HIM TO skip the in-and-out thrusts and, uh, *stir* with his penis instead. He'll stimulate every inch of you (motion of the ocean and all that...).

4. SIT ON THE EDGE of the washing machine, and

wrap your legs around his waist as he enters you. Helpful hint: The cotton cycle provides the strongest vibrations.

5. IN REVERSE—cowgirl, lean back (instead of forward toward his feet). It's a primo G-spot angle for you and the illusion of a Kardashi-ass for him.

6. THE NUMBER ONE rule for a great blow job: Use your mouth (obvs!) and your hands. Take the head in your mouth, and lick and swirl like you would a soft-serve cone. Meanwhile, use your hands to grip, squeeze, and stroke the length of his penis. Don't keep up the same motion—variety of sensation is key!

7. INSTEAD OF pleasing each other simultaneously during

WHAT WERE WE THINKING?

JULY 1967

"And remember, there's nothing so alluring as a whiff of perfume wafting from the bosom.... Tuck a piece of perfume-soaked cotton into your bra often."

UPDATE

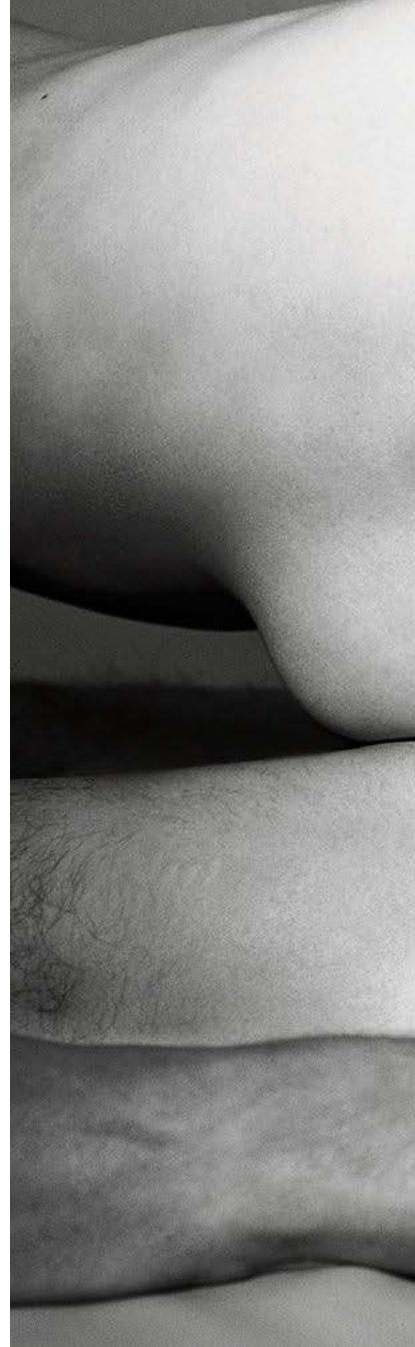
This is good if you are planning on staying an arm's length away from your partner at all times.

If not, second base will be an issue.

69 (so hard to focus!), take turns. One person goes to town, while the other groans and moans about how good it feels.

8. WHILE HE'S giving you oral, have him insert a finger or two and stroke your G-spot with a come-hither motion. Internal and external stimulation boosts your orgasm chances.

9. LUBE UP! (Both you and your partner, before and/or during The Naughty) Almost 50 percent of





LOVE LUST

13

Vintage Cosmo Tip, June 1972

"ALL WOMEN SHOULD TRY FOR A LITTLE MORE VARIETY...A LITTLE MORE SHOCK VALUE. PUT ON A WIG. OR GREET YOUR MAN AT THE DOOR WITH A MARTINI IN YOUR HAND AND NOTHING ON BUT HIGH HEELS."

OUR 2015 ROAD TEST

Naked except for black Manolos and a long blonde wig very unlike my curly brown hair, I was already three "test" martinis deep when I wobbled to the door and greeted R.M.P. (Reluctant Male Participant, aka my boyfriend of almost two years). First, he seemed surprised, then slightly scared. But with some R-rated coaxing, I could tell he was getting into it. After we had sex, he gave me puppy-dog eyes. "Can you take that wig off now?" "Nooo, this girl is fun, I like this girl!" I replied. Did I mention I'd had three martinis? "Wasn't it hot cheating on your girlfriend with a blonde?" I asked. He shrugged and shook his head: "I missed my girlfriend." Then we ordered burgers, and I kept my wig on while I ate mine.

women say lube makes it easier to orgasm. And forget the myth that it's only for older women—all the cool kids are doing it!

10. IF YOU HAVE NO
clue whether your partner's dirty-talk meter is set to "a little naughty" or "downright filthy," do a sneaky little test. Ask, "What would you like me to do to you? Details, please." And see what words he uses and how risqué he's willing to get. Then follow his lead.

11. USUALLY GET
oral with your legs spread? Intensify your O by stretching your legs straight out, stimulating the pelvic muscles you use to climax. It's a crazy-good new sensation.

12. GENTLY HOLD
his face still, tell him to stop moving, and let him simply receive your kisses for a minute. That way, whether you like it slow or hot and heavy, he'll know how to kiss you back.

LOVE LUST

14. JUST STARTED

dating? Set the precedent and make sure you come first. Women often focus on their guy's orgasm and treat themselves as an afterthought. Since we're all creatures of habit, doing the reverse pays off in the long run.

15. ASK HIM to trace his tongue over your thin-skinned spots: wrists, inner knees, behind your ears. It'll make you shiver.

16. WHILE STANDING with your back against his chest, have him reach around and touch you so all you can see are his hands all over you—totally sexy.

17. WRAP YOUR fingers in an "O" shape around the base of his shaft, and move them in tandem with your mouth. Use lots of saliva to ease the movement, and he won't be able to tell where your mouth ends and your hand begins. Gently cup his balls with your other hand and you're golden.

18. TRY THE "commercial sex" game. Start getting it on during the commercials of your favorite show, then untangle as soon as the show comes back. Sexy show? Copy their moves. As you graduate from make-outs to oral to intercourse (and back?), the teasing will be out of control.

19. KEEP YOUR dress on or just push your underwear aside to have sex. The immediacy of keeping clothes on is hot—like you can't wait to have each other.

20. THE HOLE AT the tip of his penis is called the meatus, which is the worst name given to anything, ever. (Meatus!) But it's sensitive during arousal. With your tongue, apply medium pressure on and off. He'll be shocked it feels so good!

21. WHEN YOU'RE close to climaxing, tighten and relax like you're Kegeling. This

alone can sometimes trigger an O (and it feels amazing for a guy too).

22. THE SHOWER is made for the quickie. The ideal position for you is bent over, aiming the showerhead at your hot spot while he's doing his thing from behind. No removable showerhead? Slick his fingers with shower gel, and have him reach around and give you some digital pleasure.

23. CREATE A secret code that translates to sexy-times. Maybe "get me a dirty martini" means "let's blow this joint...and then each other."

24. REMIND yourself how much you turn him on. Seeing his face as he's lost in ecstasy—and realizing you're making it happen—can be the push you need to cross the finish line.

25. TOUCH yourself—beneath your bath jets, while watching *Scandal*, whatever works for you—to get to know what sensations do it for you. Are you into counterclockwise clitoral strokes? Nipple stimulation? Find out—then bring your favorite moves to your next sex session.

26. ADVANCED blow-job move: Twist your hand as you move your mouth up and down his shaft like you're tracing the grooves of a corkscrew, and slide it over his tip each time you get to it. He'll worship you.

27. WANT MORE oral and less jackhammer but can't seem to say so? Start out with a sext. Type "I can't stop thinking about your mouth on me tonight," throw in a kiss emoji, and hit Send. The message will be received.

28. BRING A bullet vibrator to bed. The Rabbit gets all the glory, but using a bullet vibe on your clit during doggie is a total game changer.

29. WHILE pleasuring him with your mouth, bring his hand down to touch you. Cover his fingers with yours so you can make sure his touches are exactly what you need to climax. It'll arouse him even more to see you taking control of his movements.

30. LEAD with a compliment ("I love the way you...") before suggesting a new move ("it would turn me on so much if you used your fingers like this...").

31. TURN UP the tease factor by letting him enter you for a hot second, then going straight back into your foreplay of choice. Think of it as giving him a taste of the main course during cocktail hour. It'll leave him hungry—no, salivating—for more.

32. GET SEX ON THE brain by reading a steamy book before a date. You'll feel more sensual during the deed as you visualize a hot story line. And he never has to know!

33. HAVE YOUR guy scribble down a "menu" of the top three moves that drive him crazy, and you do the same. Then swap lists, and take turns serving up the goods à la carte!

34. PERFECT YOUR striptease. Stage an entrance from another room, take a sensual walk around him, and slowly shed a slip to reveal a corset. (Or a thong and nipple tassels! Whatever's your jam.) By the time you finally straddle him, you'll both be raring to go. P.S. Leave on your heels for extra sass.

35. SWITCHING hot and cold sensations feels amazing for him during oral. If you're not into the ol' ice-cube-in-the-cheek trick, try alternating oral with drinking something cold or warm. Even easier: Lightly blow air over him after having had him in your mouth.



"A new, soft toothbrush is an incredible sex toy. Ask your man to run the bristles over your breasts and entire body—the sensation is truly erotic. He should brush gently around your vaginal area."

UPDATE

This is the kind of sex move that can quickly lead you to wonder where your life has gone wrong. On the bright side, if you happen to possess vagina dentata, this tip promotes excellent hygiene.





36

Vintage Cosmo Tip, March 1989

"UNLEASH YOUR IMAGINATION: YOU MIGHT DRIVE DOWN TO THE LOCAL LOVERS' LANE LIKE TEENAGERS OR SWAP HOUSES WITH A FRIEND AND MAKE LOVE IN HER BEDROOM."

OUR 2015 ROAD TEST

We didn't go to lovers' lane because where even is that, but non-bedroom sex is one of those things I always mean to do but never get around to. I finally got around to it—although we kept it low-key and only ventured as far as the desk. Funny thing about adulthood: Spontaneous desk sex is hot, but clearing the desk beforehand in order to avoid any postcoital broken tchotchkes or destroyed tea rose arrangements is not. Ditto when R.M.P. paused the action to put a pillow under my back. Ultimately, the desk lends itself best to doggie-style—but R.M.P. and I did thoroughly enjoy giving the bed a break.

LOVE LUST

37. A GREAT GIZMO

for scoring some dual pleasure? A vibrating penis ring. Your guy will enjoy a soft vibration on his shaft while you get bonus targeted clitoral stimulation with each of his thrusts. It also helps guys achieve fuller, harder erections.

38. LONG-DISTANCE?

Send him a care package for his... package. Fill a box with some sexy new lingerie, lube, and maybe a sex toy, and send it to his front door with this note: "We'll need this on my next visit."

39. NOT BEING "allowed" to make any noise during sex can be a huge turn-on, especially when something feels so good, you just want to express it! Try this for a spin: Stuff your thong or his tie into his mouth, then do dirty, dirty things to him until he's digging his nails into his palms to keep from ripping that gag out.

40. A GREAT couple habit to get into is to kiss every day—for more than just a couple of seconds. It wards off the perilous roommate effect, especially if you live together and lately have been spending more time doing chores together than checking each other out.

41. GETTING BUSY

in a public place is a huge risk, thereby doubling the wattage of your hot rendezvous. Your best bet to pulling it off is to keep your clothes on (wear a skirt and no undies for easier access) and do it in a place where you'll hear someone coming, like in the middle of a stairwell—the footsteps on the stairs will tip you off that it's time to get moving before you get caught.

42. THE CHERRY on top when it comes to an amazing BJ? Eye contact. Give a wink or some smize action, and he'll be putty in your...mouth.



WHAT WERE WE THINKING?

NOVEMBER 2006

"Stack six scrunchies on his package. Then remove, one by one, using your lips. As each is removed, it releases pressure in his penis, which makes his orgasm more intense. Plus, the movement of the fabric will feel wild on his skin."

UPDATE

In the early aughts, we suggested some crazy sh*t. We've dialed it back since then. Scrunchies may be valuable hair accessories but aren't the best mix with his crotch.



43. PUT A PILLOW

or two under your butt to elevate your hips during missionary sex—and up the odds of his hitting your G-spot. This will change your life, we swear.

44. FOR LADIES

only: Have your partner lie on her side, propping herself up on her elbow, and straddle one of her legs so your clits rub together, all the while making eye contact. Grind on. Scissoring's a classic for a reason.

45. LEST WE (and he) forget, the clitoris extends down our labia in the shape of a wishbone. So he should lick or stroke the labia—not just the

216
Cosmo Vintage Tip,
October 2002

**CHECK YOUR
INHIBITIONS AT THE
DOOR, AND WATCH
EACH OTHER WHILE
TOUCHING
YOURSELVES."**

OUR 2015 ROAD TEST
Now that R.M.P. and I have been banging on the regs for a while, like many long-term couples, our orgasms are pretty wham-bam-let's-watch-Netflix. We rarely take the time to stop and smell the sex roses, and thanks to the logistics of our favorite respective positions, we rarely see each other's O faces. Sitting on opposite edges of the bed, me with my fave bullet vibe, him with just his hand, felt pretty voyeuristic—in a hot way—and I definitely felt closer to him afterward.



clit—while he's down there. Hell-O!

47. AFTER A SHOWER, get him to take you from behind while you're leaning over the bathroom sink and looking at your hot, wet self in the fogged-up mirror. You'll get a front-row view to all the seriously hot action and none of the stress of filming it. Nice!

48. ASK HIM FIRST, but if he gives you the green light, hold a small vibrator against the underside of his shaft or on his perineum—that's the super nerve-packed area that lies between his balls and his butt—while you're going down on him. Start the

action off with your vibe's lowest setting and then slowly increase the intensity as his arousal grows.

49. ROTATE FROM girl-on-top position into reverse-cowgirl (take your time—you'll avoid any crazy mishaps, plus a slo-mo approach just looks that much sexier). Not only are you hitting a series of new hot spots for both of you with each different angle, but he'll dig the 360-degree view of your gorgeous bod.

50. BORED OF the same old sexts? Been there. Try keeping it simple. The hottest possible text you can send: "I need you now."

Vintage Beefcake

BURT REYNOLDS OPENS UP ABOUT BEING THE FIRST DUDE WITH THE BALLS TO NEARLY SHOW HIS BALLS IN A BEST-SELLING WOMEN'S MAG.

ONE NIGHT EARLY in 1972, after *Deliverance* was in the can but before it was released, I was on *The Tonight Show* with Helen Gurley Brown, the longtime editor of *Cosmopolitan* and author of the best-selling book *Sex and the Single Girl*. During a commercial break, she invited me to be the first male nude centerfold of the magazine.

Although no one had ever shown a naked man in a magazine before, Helen believed women have the same "visual appetites" as men, who'd been looking at naked women in *Playboy* since 1953. She wanted the same prerogative for women. It would be a milestone in the sexual revolution, and she said I was the one man who could pull it off. I found out later she'd asked Paul Newman first, but he turned her down.

Helen didn't have to talk me into it. I was flattered and intrigued. I wish I could say that I wanted to show my support for women's rights, but I just thought it would be fun. I said yes before we came back on the air. (I may or may not have had several cocktails in the greenroom before the show.)

ON THE WAY to the photo shoot, I stopped for two quarts of vodka and finished one before we got to the studio, which was freezing cold (bad for a naked man's self-esteem).

The famed Francesco Scavullo photographed me on a bearskin rug. He took hundreds of shots: with a hat in front of my... tallywacker, with a dog in front of it, with my hand in front of it. (If I was trying to prove something, why would I cover it up with my hand? I have very small hands.) They promised to burn the outtakes and give me the negatives.

The magazine hit the stands in April 1972, three months before *Deliverance* opened, and quickly sold all 1.5 million copies.



FROM BUT ENOUGH ABOUT ME, BY BURT REYNOLDS AND JON WINOKUR, OUT NOVEMBER 17 (PUTNAM)

“I Saw the Signs”

YOU BOTH HATE TECHNO MUSIC AND SHARE A LOVE OF DARK AND STORMYS. ARE THESE OMENS THAT YOUR RELATIONSHIP IS MEANT TO BE? WRITER SLOANE CROSLEY WEIGHS IN.

IT'S EASY TO FEEL cinematic about relationships. Movies—and novels and pop songs, for that matter—have conditioned us to put our past loves into plot-shaped buckets filled with unmistakable signs that he was or was not the one. In our pop culture haze of meet-cutes and meet-quicks (I'm talking to you, Tinder), we've fetishized any minor indication that a relationship will or will not work. He loves me because he programmed the perfect ringtone into my phone! It's fate because he's wearing the T-shirt of my

favorite sports team! The ne plus ultra example of this has to be the 1992 movie *Singles*, in which an entire plotline revolves around Bridget Fonda trying to get Matt Dillon to say "Bless you" when she sneezes.

I have been in one or two of these "Bless you" relationships myself. Okay, four. Five. A hard six. But out of all of them, Alex was the best. And by best, of course, I mean the worst.

I dated Alex (not his real name) for four months, which is the exact right amount of time to do some

real emotional damage to yourself while, in hindsight, realizing the other person was a blip on your radar screen. We met on a writers' retreat in the woods, where, in addition to physical attraction, we bonded over an appreciation of Thelonious Monk and a mutual love of Orangina bottles. Obviously, there are many depths to plunge when getting to know another person. But understanding each other's references is not one of them. It's an entryway to a room, not *the* room. At best, the stray commonalities are

symbols of great things yet to emerge. At worst, they're the side effect of being born the same year.

But because I met Alex in a cloistered, idyllic environment as close to *The Bachelorette* as I'll ever come, I ignored all that. I actually amped up the importance of signs because signs were all I had. Our time together was partially public and spent discussing other people's novels and trying to one-up each other with witticisms. Going any deeper threatened to put too fine a point on the budding relation-

The moment was perfect.



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*Survey of 916 OB/GYNs, February 2014. 1. Data on file. Market Research, February 2014. Teva Women's Health, Inc.
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For use by women only.

LOVE LUST

ship in progress. Therefore, cultural similarities became our foundation as Alex and I flirted, built up a well of private jokes, and spent the last evening of the retreat in my room.

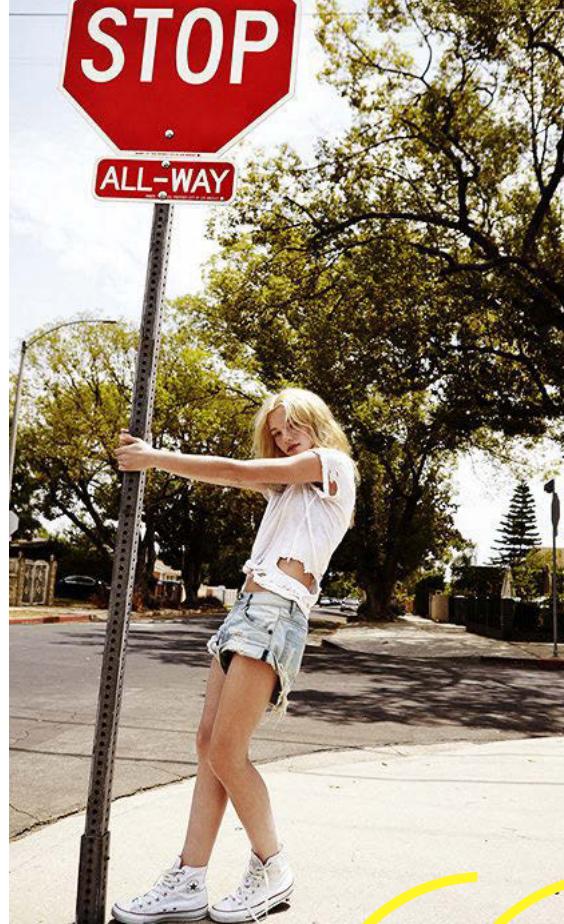
What followed were weeks of marathon phone conversations between him in Los Angeles and me in New York. We saw each other when we were in our respective cities as well, but already, out in the real world, some of the magic was fading. He wasn't, in rom-com parlance, "letting me in." Still, I held out hope. I ignored his delayed text replies and mixed messages in favor of our shared disdain for rice pudding. Then just as I was at the end of my emotional rope, a piece of assurance came in the form of a grand invitation. He asked me to spend a week by ourselves at his grandmother's house in Cape Cod, adding that he "didn't invite just anyone." Did I note how he made no plans to come stay with me in New York and seemed totally uncurious about me unless we were talking about him? Nope. I bought a semi-sheer shirt and borrowed a friend's car.

When we got into bed that first night, he abruptly announced he was sick of having relationships not work out. I agreed. Therefore, he concluded, "I don't want to keep sleeping with women unless it's the woman I'm really going to be with."

"Totally," I whispered, as he shuffled himself to the other side of the bed.

Now I doubt anyone who knows me would categorize me as a doormat. More like whatever the opposite of a doormat is—a doorbell? And yet, I chose the romantic version of us over the awkward us in front of me.

A few sexless mornings later, a pressing work dead-



line appeared in Alex's in-box. Since we do more or less the same thing, I have a good read on what constitutes pressing and what doesn't. Still, I said nothing when he disappeared to work, comforting myself with the movie-perfect romance of our first days together, assuming that was somehow real and the present was false. I took walks to the beach by myself. I worked on my novel at his grandmother's dining room table, a china clock on the mantel ticking off the hours. When I couldn't stand the casual abandonment any longer, I knocked on his door frame.

"Want to see something cool?" he asked, warmly.

I did. I wanted a sign that the knot in my stomach was for nothing. I wanted to have a conversation with him not about cult films or books—what better place to start than with his own writing?

"Check this out." He spun around his computer. It was

And yet, I chose the romantic version of us over the awkward us in front of me."

a YouTube video, a mash-up of movies with '80s mall scenes. He had watched it "like, 30 times already."

"Okay," I said, "I feel like I should go."

"Yeah," he replied, looking only mildly displeased. "I just have so much to do."

Alex walked me to my friend's car, where we made no plans to see each other again. If we kissed, I don't remember it. If he had a reason for inviting me out there, I'll never know what it was.

My friends who know this story tell me that I shouldn't be embarrassed. *He* should. I had hope, they say. And manners. And they are mostly correct.

Quite often, all those fun signs give way to a wonder-

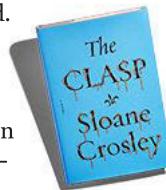
ful relationship. But looking back, I wish I'd cut this one off at the pass, back when he was flaking out, showing little interest in getting to know me. Searching for superficial signs distracted me from real questions I should have been asking about character and kindness, about sensitivity and sensitivity. And even at the micro level? My search was moony and myopic. There were plenty of moments when our interests diverged, but I chose not to see them as signs that Alex was totally wrong for me.

A year ago, I found myself in Alex's neighborhood in L.A. with a few hours to kill. I was in the kind of sublimely good mood that makes you want to hug people you don't even like. Plus, I was dating a fantastic guy by then (one

who shares only about 30 percent of my pop culture DNA). So I texted Alex to see if he wanted to grab coffee. Maybe we could be friends. He replied 36 hours later, as I was boarding my flight home, to say: "At hospital watching baby monitor."

"Well," I said to myself and shrugged, "at least he's having sex again."

I typed in "Bless you" and watched the cursor blink for a moment. Then I erased the letters and flew back to a place where I was loved. ■



Sloane Crosley is the author of the best-selling essay collection *I Was Told There'd Be Cake*. Her first novel, *The Clasp*, is out now.

*Tis the
Season*

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ask him any- thing

Q/ I've been having amazing sex with this guy, but his apartment is a disgusting hovel. How do I get him to come only to my place without offending him?

A Why be subtle when his mess is obvious? Just tell him you'd rather hang at your place. If he asks why, don't be mean, but be clear: Your apartment can pass a health inspection; his can't. Most guys won't take it personally. You're not trashing him, you're trashing his trashy apartment.

Q/ I met this fantastic guy, but the first time we had sex, it sucked. Will it get better, or should I cut and run?

A Sex often sucks the first time, so if he's really fantastic, sleep with him again and see if it was an off night. If that's not so great either, but you really like him? Hook up a third time to be sure. Desire is complicated, and sex often gets better the better you know each other. But if it doesn't improve, cut bait, because chemistry matters.

LOVE
ADVICE FROM
OUR GUY
GURU, LOGAN
HILL



Q/ AFTER A LOT OF TALKING, MY EX AND I ARE BACK TOGETHER. BUT I'VE BAD-MOUTHED HIM TO ALL MY FRIENDS.

bad." Don't pretend that suddenly everything is okay, because your friends know nobody has a perfect relationship. Ultimately, their feelings won't change because of what you say—they'll need to see you're happy. No matter how awkward it feels, keep setting up those group hangs. If they see firsthand that he's treating you well, they'll come around.

LOVE LUST



BOYFRIEND
VS. BFFS: THE
ETERNAL
DILEMMA.

Q / I'm about to move in with my guy, but it's for money reasons—I don't feel one hundred percent ready. Are there things I can do to get through this with minimal fights?

A Get the practical stuff out of the way early. Make a list of the things that worry you, and hash them out together. Since money is an issue, start there: How will you split the bills? Who pays for groceries? How about his beer budget? Then

move down the line: Are you going to split household chores 50/50 or split up the tasks? And so on. I know this isn't romantic, but that's the point. The more tedious stress you eliminate now, the more time you'll have to make out later. Then you may wind up loving the fact that you two jumped on the shacking-up bandwagon a little early.



Q

A It's not you, it's the app. Online, most people never follow through. But to up your odds, try this: (1) Put a note in your profile that says, "I'm not here to make friends online. I want to meet IRL." (2) When you're chatting, set a time limit, like 20 minutes or 10 messages, and stick to it. When you hit your limit, tell him if he wants to chat, you'd rather do it over a cocktail. (3) Don't wait for guys to ask you out. Just suggest a time and place you'd like to meet in person.

Q / I'm 22, and I have never had a girlfriend. I have a huge crush on this personal trainer at my gym and I really want to start flirting with her, but I feel totally clueless. What can I say to get her attention?

A My favorite pick-up line is basically the name-tag sticker: "Hello, my name is _____. That's usually all it takes to let someone know that you're interested in her. Beyond that, remember that you're not the first person to crush on a hot trainer—and she's probably not supposed to flirt at work. Make some small talk and ask for some workout tips if you'd like, but most important, focus on getting her out of the gym as soon as possible (suggest she join you for a protein shake... or something stiffer). Trainers aren't so high on procrastinators, so be bold and just do it.

Q / My boyfriend and I have a great relationship, but he's divorced. He confessed that he thinks he'll always be partly in love with his ex-wife. Is that a bad sign for our future?

A It's not a great sign, but I wouldn't say it's a dead end. He may need more time or just chose the wrong words. Many divorced guys have mixed feelings that are hard for them to express. It's good he's open with you, so just proceed with caution. Those feelings may keep fading until they're gone altogether—time will tell.



Hill is a contributing writer for *Cosmopolitan* and *Cosmopolitan.com*.

Sex Q&A

No-BS responses to questions you can only ask Cosmo

Q/ My guy wants to take Viagra before we have sex, but he doesn't actually have problems getting it up. What should I expect exactly?

A/ Your man may have seen Zac Efron casually popping Viagra in that one movie, but taking an erectile dysfunction pill, especially when he doesn't need it, won't necessarily give him stronger or longer erections. And some ED meds, like Cialis, can stay in his system for 36 hours, giving him easy hard-ons the whole time. So unless you're planning a long weekend away—and filling the trunk exclusively with lube—tell him to nix the Rx. "Popping Viagra when he doesn't need it is a terrible idea," says sex therapist Barry McCarthy, PhD. "Mostly because it reinforces the notion that good sex is totally dependent on his penis." And since he doesn't have a problem in that area anyway, you'd be better off spending your time getting it on without the meds.



Q/ I want to try lube for the first time, but I'm confused. Are we supposed to use it on him or me... or both of us?

A/ When it comes to lube, it's tough to slip up (get it)?! Plus, it makes sex more comfortable, especially if you're not as wet as you want to be—anything from hormonal changes to stress can cause dryness down there, says Aviva Romm, MD, who specializes in family medicine and obstetrics—or if he finishes too fast because of too much friction. Start by rubbing a small amount—a teaspoon or so—in your hands. From there, you could touch yourself or give him a HJ, then move right to the main event.

Important: If you're using lube over a condom, never use oil-based formulas, which erode latex. Dr. Romm likes Sustain's organic, water-based lubes (\$13, sustaincondoms.com).

E-MAIL YOUR SEX QUESTIONS TO SEXY@COSMOPOLITAN.COM.

Q/ I always wind up being the one moving us to new positions and directing the show. How do I tell him that sometimes I want to take a backseat and just enjoy for a change?

A/ Start by taking the lead...of the conversation. Tell him he's a sex superhero—The

Erector! Orgasm Man!—and applaud the moves he's done before that you've liked, says sex educator Emily Nagoski, PhD, author of *Come as You Are*. Say, "I love when you're the one who changes positions. Let's try that again." Sure, it's one more time you'll have to guide him, but after that, let him take you up, up, and away!

Q/ I've been known to postpone a shower after SoulCycle. If I let my boyfriend go down on me before I have a chance to wash up, be honest, will he notice a smell?

A/ He might. Because where there are sweat glands, hair, and a bike seat...there's usually odor. The shower-free solution? Stash some alcohol-free baby wipes in your gym bag. (Gentle makeup remover wipes work in a pinch too!) A quick wipe (from front to back) will also decrease your risk of getting a yeast or bacterial infection, both of which thrive in warm, moist environments like post-workout spandex, says ob-gyn Sherry Ross, MD. After that, you'll be good to keep the endorphin rush going.

Q/ I know I need to ask the guy I'm dating if he's been tested before we have sex, but when am I supposed to bring that up without it being super awkward?

A/ Dropping a "Hey, you wanna get burgers...oh, and have you been tested for STIs?" in the early stages can be slightly uncomfortable. Suggest that you get tested together at





YOU COULD
JUST SHOWER
WITH HIM...

a clinic such as Planned Parenthood, says sex therapist Neil Cannon, PhD, and if he's hesitant, remind him that it will make sex better for you both. If he balks, bolt. Or if you've recently been tested, play a quick game of "I'll show you my clean report if you show me yours." Afterward, go celebrate your responsible selves with those burgers.

—JULIE VADNAL

SEX TOY OF THE MONTH

"OH, THIS?
IT'S FOR MY...
ACHY BACK."



WHAT THE BEST SEX TOY...THAT'S A TOTAL CLASSIC? Before there were bunny ears and bullet vibes, ladies in the know reached for the Magic Wand (\$125, babeland.com), a "personal massager" meant for sore back muscles—before everyone caught on to its other, more pleasurable use. It's cordless now, but trust us: It still gives the OG orgasms of the 1968 one.



be beautiful this
holiday season



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thewetbrush.com

YOUR GUIDE TO THE MALE BRAIN

man.the.po

GOOD VIBES

BOYS AND THEIR (SEX) TOYS

Not all toys resemble big penises. But not all dudes know that. Four guys took some alternatives for a spin.



Kandi Kisses
\$59, bedroomkandi.com
INITIAL REACTION: "A vibrating lipstick? Wait, what's really in girls' purses?"

VERDICT: "Pleasantly surprised. She propped it between us during girl-on-top. Electrifying!" —SAM S., 27



Crave Duet
\$149, lovocrave.com
INITIAL REACTION: "Looks more like a tuning fork, but the USB charging is cool."
VERDICT: "It worked well...for my girlfriend. It's more of a solo toy." —MIKE H., 28



I Rub My Duckie
\$33, babeland.com
INITIAL REACTION: "Very discreet! We can keep it in the shower."

VERDICT: "I used it on my wife's clit, and she had her first O in doggief. Hoping to use it during shower sex soon." —MICHAEL H., 28



Minna Limon
\$119, minnalife.com
INITIAL REACTION: "How do I grip it?"
VERDICT: "I liked when my GF buzzed it on my balls, but it made our hands numb. And turning it off requires some tinkering. It's tricky!" —MARC M., 25

REPORTED BY EMILY C. JOHNSON AND JULIE VADNAL



THE BRO-CIAL NETWORK

WHAT TURNS GUYS ON (AND OFF) ON SOCIAL MEDIA

Turns out, he does care about more than just your sexy pics.

BY EMILY C. JOHNSON



58%
PICS THAT SHOW YOUR BOD. REAL SHOCKING, GUYS.

50%
POSTS THAT FLAUNT YOUR HUMOR. SORT AMY SCHUMER.

46%
VACAY POSTS. GOING TO HAWAII? PICS OR IT DIDN'T HAPPEN!

45%
INSTAS OF HOBBIES. 'GRAM THOSE BAKING SKILLS!



65%
AIRING EMOTIONAL DRAMA. SAVE IT FOR BOOZY BRUNCH.

49%
A REQUEST TO UNFRIEND HIS EX. HEY, GUYS FB STALK TOO.

46%
TOO MANY SELFIES. BUT IRONIC ONES MAY BE OKAY.

35%
LOADS OF HASHTAGS. #SEE HOW #HOW #ANNYOKING #IT#IS?

logy

THE HUSSLE

FIVE SIGNS THAT HE'S ACTUALLY TOXIC

If these are familiar, you need an exit strategy. Dating expert Matthew Hussey explains.

You're Afraid to Bring Up Problems

Because every time you do, he comes at you with an insult designed to knock your self-esteem. The result? You're a professional eggshell-walker.

"I'm Sorry" Isn't Part of His Vocabulary

We all make mistakes, only he doesn't...ever. He spins the "logic" in every convo so it's you who is in the wrong. Even when you know you're right. Which makes you feel like the crazy one. (For the record, you're not.)

He Won't Tell You He's Hurt, He'll Just Get You Back

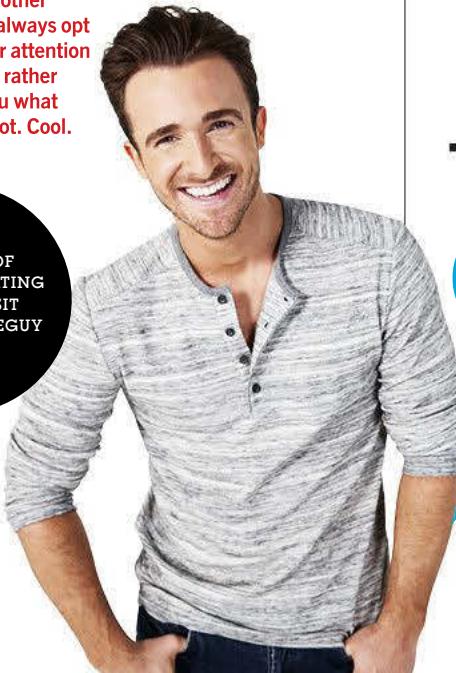
If he thinks you were flirting with someone, he won't say he's bothered by it. Instead, he'll just make sure you see him flirting with another woman. He'll always opt for getting your attention by hurting you rather than telling you what he's feeling. Not. Cool.

He Makes You Look Stupid in Front of Other People

At parties, he boosts his own ego by making you look like an idiot. The thing is, listening to him critique your pronunciation of *quinoa* is fun cocktail chatter for no one.

He's Distant When You're Winning and Loving When You're Crying

When you get a promotion, he'll groan, "So now you can be even more of a slave to that company?" He's intimidated by you at your strongest, so he tries to keep you at your weakest. But when you're upset, he's sweet—since he feels important again. The right man applauds your potential, he doesn't stifle it.



FOR MORE OF
MATTHEW'S DATING
SECRETS, VISIT
[HOWTOGETTHEGUY
.COM](http://HOWTOGETTHEGUY.COM).



ROAD SIGNS

DECODE HIS GLOVE COMPARTMENT

Riding shotgun in a guy's car is like sneaking a peek at the pistons firing...inside his brain.

BY GENEVIEVE SCARANO



Leatherman Tool and Flashlight

This handy man knows his way around a toolbox and is prepared for anything. He'll be clutch when the Zombie Apocalypse strikes.



Doritos Bags

To his credit, he knows not to drive while hangry. Just don't wear white pants in his car (neon orange streaks = not a good look).



Tangled USB Cords

One for the stereo, iPhone, tablet, and GPS means that he never runs out of juice. But all that tech could distract him from you—and, oh yeah, the road.



Condoms

Remember that steamy backseat scene in *Titanic*? So does this guy. Sex in tight spaces is no prob for him.



Weed

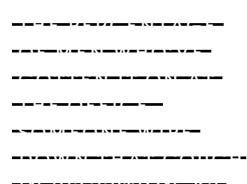
Maybe he just lights up once in a while, but nonchalantly leaving evidence in the car involves questionable judgment—maybe from all the weed?



Crumpled-Up Oil Change Receipts

His baby runs well (good sign!), but does anyone need Jiffy Lube receipts from 2012? #Hoarder

25



SOURCE: 2013 ELITE SINGLES SURVEY



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WE'LL UP

—TED
—LIE VANNAL

YAY!

This cake topper says it all (\$7, merimeri.com). And those tiny gold stars? They're edible glitter!

You
Say It's
Your
Birthday?

IT'S OUR BIRTHDAY
TOO! SO LET'S ALL
CELEBRATE TOGETHER
WITH A PARTY YOU'LL
WANT TO THROW
ALL YEAR LONG.

LIVE IT UP!

Who Doesn't Love a Little Sparkle?

Okay, a lot of sparkle. Starting with your shimmery, Instagram-worthy cake! Take a store-bought one (ours is from Baked NYC), and customize it with the works: edible glitter stars, sparklers, and candles. Then offer up a pink punch, gobs of candy, and stacks of champagne and you've got yourself an unforgettable girls' night even if it's no one's *actual* birthday.

HOSTESS HACK
A big punch bowl means everyone can serve themselves. Phew! (\$50, cb2.com)



SUGAR RUSH
Set out small bowls filled with rock candy and other treats (\$9 for 10, nuts.com).



IT WON'T STAIN
YOUR DRESS,
PROMISE!

BRYANT PARK PUNCH

Combine 4 oz. fresh-squeezed lemon juice (from 5 lemons), 4 oz. raspberry syrup, 2 oz. yellow Chartreuse, 4 oz. St. Germain liqueur, 8 oz. fino sherry, and 8 oz. Tanqueray No. Ten gin into a mixing bowl. Add 6 oz. of ice water, strained of any ice bits. Whisk until frothy. Pour into a punch bowl; add large ice cubes (which melt slowly). Garnish with lemon wheels and raspberries.

From mixologist Leo Robitschek at NYC's The NoMad Bar

MAKE SOME
NOISE
The most perfect Snapchat props ever? (\$7 for 6, merimeri.com)





MADE WITH

6.5%	Madagascar rain water
4%	Hand-blown glass
89.5%	Tastes the same as tap water



MADE WITH

100%	Turkey Breast
------	---------------



Sometimes life can get complicated.
Your sandwich doesn't have to be.
#sanewich

It's Deli Quality Every Time. It's **Oscar Mayer**.

LIVE IT UP!



Get Your Wonka On

A killer candy buffet is all about an even ratio of gummies, sour sours, and hard candies, says Dylan Lauren of Dylan's Candy Bar. And don't overthink how you display them. Because as Lauren says: "It won't last long!"

SIP IN STYLE

HOW TO BUILD THE CHAMPAGNE TOWER OF YOUR DREAMS

1. Gather 30 coupes. (Plastic ones work great, and they come in 32-packs!)

2. Make a 4-by-4 square with 16 glasses, and pour champers into each. Top with a 9-glass square; pour. Top with 4 more; pour.

3. Top with 1 glass. Take a pic, then drink!

AND FOR THE BUBBLY?

Ask friends to bring bottles, or stock up on Oh Snap! (\$16, clubw.com).



FROM LEFT: COURTESY BONBON BALLOONS; STUDIO FIRMA/STOCKSY; COURTESY CLUBW.COM

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† To get 4G LTE speed, you must have a 4G LTE capable device and 4G LTE SIM. Actual availability, coverage and speed may vary. LTE is a trademark of ETSI.

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Only at
Walmart 

WORK



"We'll all be better off if women are reaching for—and achieving—their highest ambitions."

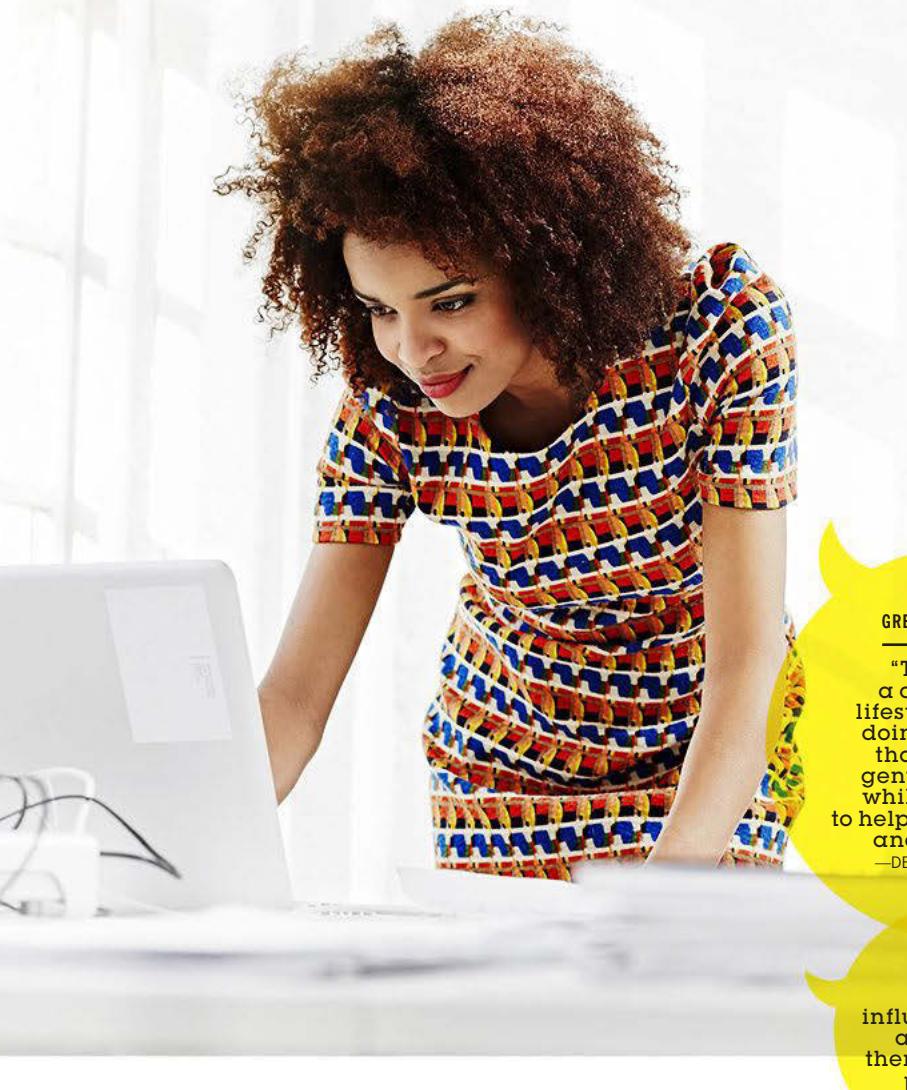
—SHERYL SANDBERG,
COSMO CONTRIBUTING
CAREERS EDITOR

Dream Bigger!

WHY IS IT SO HARD TO SAY, "I'M AMBITIOUS," WITHOUT APOLOGIES? IN A NEW SURVEY FROM LEANIN.ORG AND MCKINSEY & COMPANY, WOMEN GRAPPLE WITH WHAT WE WANT, WHAT'S IN OUR WAY, AND HOW WE CAN SUPPORT ONE ANOTHER'S GOALS.

BY SARA AUSTIN

WORK



IF I WERE to call you ambitious, would you take it as a compliment? For some women, the word evokes the worst stereotype of a backstabby workaholic. Women feel judged for being too ambitious and judged for not being ambitious enough. Big life choices can seem so fraught that it's sometimes hard not to take other women's ambitions as an implicit rebuke of our own.

But *ambition* is the opposite of a dirty word. Drive, determination, speaking up about your goals—aka ambition—are what get you to a top leadership job. And that's where nearly two-thirds of women under 30 aspire to be, according to a new survey of nearly 30,000 employees and 118 companies from LeanIn.org and McKinsey & Company. In interviews with Cosmo, women

described the top spot—whether that means running a Fortune 500 company, a TV show, or a dental practice—as an exhilarating challenge. Some see a big job as the payoff they deserve ("I didn't work this hard for nothing"); others as the best way to make a difference ("I like helping people achieve") or have a voice in strategy ("When you're not calling the shots, you don't really have a say in what gets done").

"The journey to the top excites me. I take every opportunity as a chance to grow, and I love having a big goal," says Christina Rupsingh, a 27-year-old MBA candidate at Western University in Toronto. "I do not believe becoming a top executive is a goal for everyone. However, that is the choice we as women should get to make."

1. Would you like to be promoted from your current position?

Yes

89%

WOMEN (MEN 90%)

"Sometimes the word *ambitious* feels like code for something bad: underhanded, even selfish. But I know it's just about going after your goals."

—NICOLE ROMAN, 21, BUSINESS STUDENT, UNIVERSITY OF ARKANSAS, FAYETTEVILLE

"I am ambitious about my career. But I also realize there are other ways to be ambitious: volunteering, parenting, or being the best friend you can be." —LILY PENG, 19, ECONOMICS STUDENT, BOSTON COLLEGE

"I am definitely ambitious, and I have recently stopped apologizing for it! I am competitive and committed to my career."

—AMANDA ROSSO, 21, BUSINESS STUDENT, UNIVERSITY OF WISCONSIN AT MADISON

"I wouldn't say I'm super ambitious, because I am fairly content with life at the moment. I am newly employed and on the hunt for my first apartment, and for now, there is not much else I am looking for."

—ELLISON YOUNG, 22, MEDIA BUYER, NEW YORK CITY

WHAT IS YOUR GREATEST AMBITION?

"To provide a comfortable lifestyle for myself doing something that makes me genuinely happy while being able to help the community and my family." —DEBORAH GREEN, 23

"To lead! I want to influence people and to help them reach their potential." —JANA MORELLI, 33

"To have a career that still allows me to have a family." —SHEALA LENNOX, 23

"To know that I made someone else's time on earth a little easier. I don't need fame." —LESLIE OGDEN, 25

"I haven't decided where I want to be careerwise, so it's hard to say if I am truly ambitious." —SHEALA LENNOX, 23, EXECUTIVE SALES ASSISTANT, PELHAM, NY

"My ambition comes from my addiction to the 'buzz' I get when I kick ass at something."

—DEBORAH GREEN, 23, MEDIA BUYING ASSOCIATE, LOS ANGELES

"I am not ashamed to admit I'm partly driven by the money."

—ANESIA RETICKER, 23, DOCTOR OF PHARMACY CANDIDATE, UNIVERSITY OF ILLINOIS AT CHICAGO

All data is for employees under 30, surveyed by LeanIn.org and McKinsey & Company.

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up
up
up



WORK

Not that our hang-ups have suddenly gone away: Women under 30 remain significantly less ambitious for the top spot than men are, the new survey finds. And although women and men begin their careers with equal aspirations, at each subsequent level, men are more interested in being promoted.

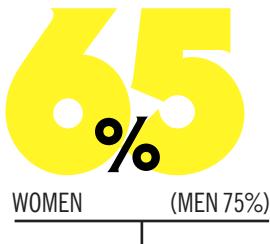
This ambivalence persists for good reasons. As Sheryl Sandberg—Facebook COO, cofounder of LeanIn.org, and Cosmo contributing careers editor—has documented, studies consistently show that aggressive women are less liked at work and that they are less likely to move up as a result. “As a woman, I feel like I am expected to be more complacent with my career and less competitive,” says Amanda Rosso, a 21-year-old student at the University of Wisconsin at Madison. “I struggle finding a balance between being feminine and ambitious in an office. I want to be respected and strong, not just fun and nice.” No one wants to lean in to being unlikable.

Workplace policies—unequal pay, inflexible hours, paltry paid leave—haven’t evolved to accommodate women’s changing ambitions either, as the American Association of University Women has tracked. Even at companies that offer flexibility programs—and the majority of employers in the LeanIn.org survey do—women and men tend not to take advantage. There’s a perception it would hurt them at work. Paternity leave is offered at 44 percent of the companies surveyed, but only 1 percent of men with children under 18 participated in the last three years.

When flexibility feels like a non-option, big ambitions seem more daunting. “My hard-working parents always struggled with work-life balance, and sometimes, it felt like the balance was not in my favor,” says Lauren Levine, a 26-year-old nonprofit marketing manager in Boston. “I definitely think it would be tough

2. Do you aspire to be a top executive in your field?

Yes



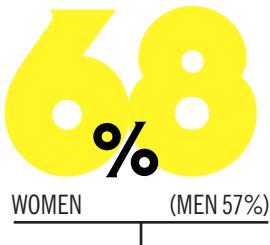
“I am very interested. There are few women of color in positions of power, so it's important that I be able to help other women who look like me.” —DANIELLE NOEL, 21, COMMUNICATIONS STUDENT AT GEORGE WASHINGTON UNIVERSITY, WASHINGTON, DC

“I want to be in my company's Situation Room! Presidential cabinet optional.” —JANA MORELLI, 33, DIRECTOR OF SALES OPERATIONS, SEATTLE

“I want to be a showrunner for TV and film, which is a lot like being a CEO. I like working on large-scale projects with moving parts. It's overwhelming and exciting, and you never feel totally comfortable.” —LAUREL MARGER, 22, FILM STUDENT, CONSULTANT, WRITER, LOS ANGELES

3. Why wouldn't you be interested in being a top executive?

Stress and Pressure



“Guys face pressure too, and we teach them they can

deal with it. Why don't we tell women that?” —NICOLE ROMAN, 21, BUSINESS STUDENT, UNIVERSITY OF ARKANSAS, FAYETTEVILLE

TIP FROM THE TOP

“I always left the office at 5 p.m. to go to yoga class, and then I'd go home and do my e-mail for an hour,” says Anne Kreamer, author of *Risk/Reward*. “You need to get your work done, but if you are working all the time, you get brittle. Find your yoga, baking, or hiking, whatever it is that gives you inner fortitude.”

Balancing Family and Work

I'm Not Interested



“The chaos and adventure of the start-up process drives me. I want to be a leader, but that doesn't have to mean being a top exec.” —CHRISTINE CHA, 22, FREELANCE DEVELOPER, NYC

“Corporate isn't my style.”

—CASEY GOLDBERG, 23, GRADUATE STUDENT, MARRIAGE AND FAMILY THERAPY, LONG BEACH, CA

I Don't Think I'd Succeed



“In my career and through my Lean In Circle, I've seen examples of women in top leadership roles with lives I'd like to emulate. Happy families, flexible hours, and the respect of their top-level colleagues. If I can see it, I can be it.” —JANA MORELLI, 33, DIRECTOR OF SALES OPERATIONS, SEATTLE

“You have to be responsible for absolutely every bill and issue, so all problems are your problems. As a 21-year-old, I've never had that type of responsibility, so right now, it's a little intimidating.” —KARA O'CONNOR, 21, KINESIOLOGY STUDENT AT DEPAUL UNIVERSITY, GREENCASTLE, IN

TIP FROM THE TOP

Just because you aren't crushing it at work for a couple of years doesn't mean you aren't ambitious. Life happens. “The important thing is not to scale back ambitions in anticipation of conflicts that don't yet exist,” Sandberg says. “Anyone who is lucky enough to have options should keep them open for as long as possible.”

“To make sure that the fear of failing doesn't stop me, I over-prepare to ensure I know my stuff cold,” says Tai Wingfield, SVP at the Center for Talent Innovation and coauthor of the CTI study *Black Women: Ready to Lead*. “Command your subject and you'll command the room.”



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WORK



to be in that demanding executive position." Being in charge seems exhausting whether or not you have a family. Stress and pressure is the number one reason women of all ages say they wouldn't want to pursue an executive role.

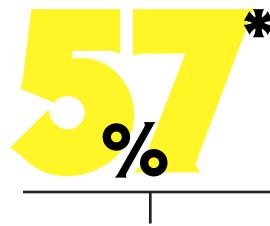
What's not said enough is that the top is where you can potentially control your schedule and lifestyle the most—and enact the most change for other workers too. So it's disappointing that the survey shows that women are underrepresented at every level in the corporate pipeline. Forty-five percent of entry-level employees

are female, but only 23 percent of senior vice presidents and 17 percent of C-Suite execs are.

"Diverse teams produce better results, and we'll all be better off if women are reaching for—and achieving—their highest ambitions," says Sandberg. "Despite modest improvements, we still have a long way to go until we reach gender equality in the workplace. The research we did with McKinsey helps us measure where we are and identify how we can eliminate the barriers to equality—and help all women achieve their full potential."

4. Going forward, do you think being a woman will make it harder or easier for you to advance in your career?

No Effect



"In the environment I work in now, it doesn't matter if you are a woman or a man—what matters is purely performance. If I end up somewhere else in the future where that isn't the case, then that company isn't for me." —GLO GRAVES, 23, AD AGENCY PROJECT MANAGER, ATLANTA

"I don't feel discouraged. I offer something special: How can old dudes make decisions about my generation all by themselves?" —NICOLE ROMAN, 21, BUSINESS STUDENT, UNIVERSITY OF ARKANSAS, FAYETTEVILLE

Harder



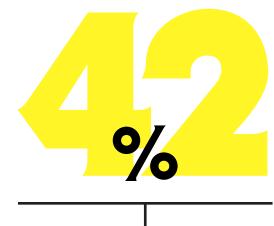
Easier



* In the survey, entry-level women see a more even playing field than senior-level women do—which could indicate hopeful cultural progress or simply that entry-level women haven't experienced bias yet.

5. Why would being a woman make advancement harder?

My Industry Is Still Male-Dominated



"I'm a single mom working full-time as a manager in the construction industry. Women just aren't perceived as being competent, and the men in the industry can't handle the ego blow of working under a woman. Aggressiveness is an expected trait for excelling in construction, but when a woman is aggressive, no one understands or sees the value." —DEANNA HARRIS, 32, CONSTRUCTION PROJECT MANAGER, CHICAGO

"Being a woman in the legal field is hard. Most partners and higher-up government officials are men, and law is greatly based around networking." —LINDSAY LEHRER, 24, STUDENT, UNIVERSITY OF GEORGIA SCHOOL OF LAW, ATHENS

"Finding cofounders, employees, and investors can be more of a challenge as a female tech entrepreneur. At the same time though, my biggest motivation is when someone doubts what I can do—so keep it coming!" —CHRISTINE CHA, 22, FREELANCE DEVELOPER, NYC

TIP FROM THE TOP

The people who advise you don't have to look like you. "Find a male sponsor!" says Kiersten Salander, deputy chief of staff to the chairman at Bloomberg LP. "Look for someone you feel comfortable going to for help over and over."



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WORK

QUESTION 5 (CONTINUED) WHY IS ADVANCEMENT HARDER?

Family Commitments Will Make It Hard

21
%

"I don't have children, and I'm already worried about how I'll balance being a female parent with fulfilling my ambitions." —LAUREN LEVINE, 26, NONPROFIT MARKETING MANAGER, BOSTON

"I don't really believe that you 'can do it all' without dropping the ball in at least one area of your life. I've charted my goals, and to be honest, I don't see how a traditional family fits into the plan." —LAURIEL MARGER, 22, FILM STUDENT, CONSULTANT, WRITER, L.A.

"Taking maternity leave can set you back a couple of months or a few years. A company would much rather promote a male employee who they know won't require a replacement while his family grows." —SHEALA LENNOX, 23, EXECUTIVE SALES ASSISTANT, PELHAM, NY

"I want to have as much of a presence in my children's lives as my parents did in mine. The beauty of the world now is that it's possible to do that and have a killer career." —CAROLYN CANDLER, 24, ASSISTANT DESIGNER, NYC

"I have worked hard on respecting both my career and my personal life. When I am at work, I am focused on only my work. When I'm home, I am focused on my family. I hope to continue this balance as I move up the ladder." —KIM GLENDENNING, 36, DIRECTOR OF OPERATIONS, TAMPA, FL

WANT TO MEET OTHER WOMEN WHO CAN HELP YOU WORK TOWARD YOUR GOALS? HEAD TO LEANINCIRCLES.ORG.

Society Is Biased

19
%

"Being a woman in today's society means that I will often have to work twice as hard to prove that I am as good as the men. As a woman of color, it will be even harder. However, I have learned to work harder but also smarter, and I think that will help me to advance." —DANIELLE NOEL, 21, COMMUNICATIONS STUDENT AT GEORGE WASHINGTON UNIVERSITY, WASHINGTON, DC

"Being a top executive has this thin line between coming off bitchy and commanding or compromising and posing everything as a question. Constantly working with a careful filter does not seem fair and is something I hope will change during the life of my career." —ANESIA RETICKER, 23, DOCTOR OF PHARMACY CANDIDATE, UNIVERSITY OF ILLINOIS AT CHICAGO

"Unfortunately, men are still seen as the CEO types and are trusted in managerial roles. However, my company has a female CEO and many of my bosses are women, and they are kicking butt. I strive every day to be like them." —JESSICA GOLDSTONE, 22, PUBLIC RELATIONS PROFESSIONAL, NYC

TIP FROM THE TOP

Women can be saddled with "office housework" and less glam projects. "If you're picking up balls others have dropped, let them drop, and let someone else fix it," says Laszlo Bock, SVP of people operations at Google. "This may feel worse for women. But if you're working on something that isn't valued, you're wasting your time."

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“You’re Going to Have a Great Time”

Journalist and activist **Gloria Steinem** took a winding path: from working in India post-college to helping found *New York* and *Ms.* magazines to becoming maybe the most famous feminist in the world. Talking in her apartment—the same one she shared with roommates during her first years in NYC, now filled with mementos of her travels—it’s clear she’s had an absolute blast. You’re next.... **BY JOANNA COLES**

COSMO: Your book looks back on the women's movement in the '70s. Is it easier now?

GLORIA: “I think it’s changed a lot. Still, if you don’t play a submissive role, if you don’t do what you’re supposed to do, you get to be a ‘loud black woman’ or a ‘bitchy white woman.’”

COSMO: How do you deal?

GS: “The best thing to say when somebody calls you a bitch is ‘thank you.’”

COSMO: Women still don't aspire to top executive jobs as often as men. Why?

GS: “Well, some of them are lousy jobs. We are so behind as a nation in terms of flexible work patterns and parental leave. But you can both be in the workplace and have the fun—and it *is* totally fun—of making change while you’re there. Part of the solution is collective and legislative, and part of it is what Sheryl Sandberg points out: The single most important career decision you make is who your partner is.”

COSMO: How do you know if a guy will be supportive?

GS: “Do you feel like you have to wear your makeup to bed? Can you be your own self with that person? And does he make you better? Some reporter once asked me what the sexiest thing a man ever did for me was, and I said, ‘Iron my blouse!’”



COSMO: You got married late. How important was sex to you as a young woman?

GS: “Romance and sex is a great adventure. You’re exploring how you feel, how the other person feels. I don’t think I was ever actually single. I was always overlapping men. I kind of regret it because you end up hurting people. But that’s the way I was living. I don’t feel great about the idea that I would

have sex with somebody that I didn’t have lunch with. With hooking up, it’s not a judgment, it’s just a question: Is this what you really want to do, or is it the only way you know to communicate?”

COSMO: Is criticism of pop-culture feminists like Taylor Swift and Beyoncé valid?

GS: “I saw Beyoncé at Chime for Change. She said to a crowd of thousands of mostly

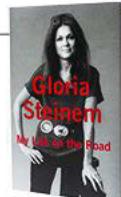
women, ‘I know life is hard, but we’re together for the next hour and you’re safe.’ I thought, *You had me at hello.* We need to build bridges, not sit and nitpick what women have on.”

COSMO: What can we do to combat everyday sexism, like when someone says, “No man is voting for Hillary”?

GS: “Say, ‘No *insecure* man is voting for Hillary.’ Laugh at them. To an asshole like Donald Trump, we need to come back and say, ‘You think Heidi Klum’s not a 10? You’ve never been a 1! If you lost your wallet, every woman would be gone.’”

COSMO: Will Hillary win?

GS: “I think she *could* win. In 2008, I felt strongly she couldn’t, because we just haven’t seen enough females being authoritative. But she and many others have now changed things enough so that maybe we can imagine it. But it won’t be cured until men are raising children as much as women are. And then we’ll know that men can be loving and nurturing. It’s a libel on guys to say they can’t. Men want to be with their children, but they’re penalized if they say so. We’re restricted, true, but they’re restricted too. We’re all trying to complete the circle.”



Steinem's new memoir, *My Life on the Road*, hits shelves October 27.



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WORK

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AS A FULL-TIME research associate at NASDAQ, Sherry Li analyzes companies that are planning to go public and helps make sure existing clients are satisfied. She also uses her native Mandarin language skills to help her team communicate with Chinese start-ups and NASDAQ-listed Chinese companies. In the future, Li wants to work as a liaison between the U.S. capital market and Chinese start-ups, helping them come together more effectively.

Whether she's hosting international clients, attending meetings with NASDAQ execs, or joining the occasional bell-ringing ceremony, Li wants to "show the joyful part of the work and that I have my own personality." Equally crucial, she needs clothes that don't drown her petite 5'3", double-zero frame.

Cosmo stylist Adam Mansuroglu delivered with a pattern-mixing combo. The small sparrow and polka-dot prints match without looking loud. Plus, the short hemline makes Li look taller. A faux-leather blazer and red pumps show that she is modern but means business, and scattered jewelry pieces add pizzazz. Maybelline New York makeup artist Yadim Carranza says, "A peachy blush highlights Li's cheekbones."



SHERRY LI

AGE: 28
CITY:
NEW YORK, NY

CURRENT GIG:
RESEARCH ASSOCIATE, NASDAQ

DREAM JOB:
GLOBAL START-UP LIAISON

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happening stuff

A large, dynamic photograph of a woman with long, wavy blonde hair. She is wearing white, oversized cat-eye sunglasses and bright red lipstick. She is smiling broadly and holding one of her sunglasses up to her eye with her right hand. Her hair is blowing to the right, suggesting movement. She is wearing a light blue denim jacket over a patterned top.

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SURF THE NEW WAVE

COSMO'S
GUIDE TO
THE MODERN
PERIOD

BY laura beil & anna maltby

ILLUSTRATIONS BY eugenia loli

MENSTRUATION!

Half the world's been doing it once a month for, oh, 200,000 years, but only now, in 2015, is it something we're *finally* talking about in a semi-shame-free way. Unfortunately, research and treatments are still stuck in the days of 1950s condescension ("cuddle up with a hot water bottle, little lady!"). It's kind of crazy that more than 80 percent of women experience cramps, irritation, and moodiness during their periods, and yet no one seems to care enough to fix it.

We can't create magical new period cures for you (we're not actually doctors or Big Pharma researchers), but we can help you ride the crimson wave with a little more confidence. Because you're way too busy and important to be held back by a little bleeding out of your wherever.



DOES YOUR PERIOD HAVE TO BE THIS BAD?

BY laura beil

TREATMENT FOR PERIOD PAIN HASN'T ADVANCED IN 30 YEARS. WHAT GIVES?

Uhe roses were a gift from a grateful patient to Dr. Béla Schick in the summer of 1919. When the flowers arrived, the doctor asked his maid to place them in water. She hesitated but took them at his insistence. The next day, the blooms had wilted. The servant admitted she should not have handled them because she was menstruating, and during those days of the month, her touch could be lethal.

Intrigued, Dr. Schick—a renowned physician in Vienna—began investigating the mysterious killer poison. In 1920, he published the results of an experiment in which he asked women to hold blossoms at different times of the month. “The skin of menstruating women did in fact excrete substances that hasten the death

of flowers,” he reported solemnly. Public and medical lore at the time contended that the touch of a menstruating woman could not only wither plants but could turn wine sour and keep dough from rising.

This imaginary threat was even given a name—menotoxin—and doctors debated its existence as recently as the 1970s. In 1977, a group of researchers writing in *The Lancet* wondered if the elusive menotoxin was in fact related to prostaglandins, hormone-like chemical messengers produced by the body that may be elevated during a woman’s period. They were on to something, but not in the way they thought. Studies throughout the late ’70s and ’80s determined that prostaglandins could trigger uterine contractions and menstrual pain. More significantly, research determined that nonsteroidal anti-inflammatory drugs, or NSAIDs, blocked prostaglandins and offered relief.

About three-quarters of all women are thought to experience some kind of menstrual pain. Among young women, it is the leading single cause of lost time from school or work. “If you compare women and men in terms of their ability to influence society, how much unrealized potential is lost from women because they have to deal with insufficiently

treated pain?” asks ob-gyn Frank Tu, MD, of NorthShore University HealthSystem in Chicago.

Early treatment could be vital. Recent studies have found potential links between the severity of menstrual cramps in younger life and the risk of developing chronic pain in later years. Severe cramps make cells in the central nervous system more sensitive, says Pamela Stratton, MD, who studies endometriosis, a condition that can lead to painful periods, at the National Institutes of Health. “We’ve found that women with endometriosis are more sensitive to pain and stay more sensitive,” she says.

Yet it’s typical for a woman to go five to eight years without an endometriosis diagnosis, Dr. Stratton says, and by then, treatment may not be as effective. “They accept the pain as part of their periods,” she says. “Women are sometimes told by their doctors that it is all in their head or it is normal.” As many as 30 percent of gynecological patients overall are suffering severe, recurring period pain, according to a study released in August. And when symptoms are treated, the standard advice has changed little in three decades. It is one of the most significant health problems for which there is almost no public discussion and little research.

2015 / THE YEAR THE PERIOD WENT PUBLIC



01 / 15

Top tennis player Heather Watson blames Australian Open loss on “girl things,” wins points for honesty.



03 / 15

An artsy photo of a woman with a period stain on her sweatpants is “accidentally” taken down by Instagram...twice. Uproar ensues.



04 / 15

Musician Kiran Gandhi runs the London marathon without a tampon, becomes a free-bleeding, stigma-busting sensation.

05 / 15

Nicole Wallace, former communications director under W, says on *The Nightly Show With Larry Wilmore*, “Yes, I worked in the White House, and yes, every 28 days I bled, but the country went on.”



shark week!



NSAIDs—which include OTC drugs like ibuprofen, naproxen, and aspirin as well as prescription meds like Celebrex—were a breakthrough treatment. After that, much of medical science took a victory lap and declared the problem conquered. If you search for research focused on menstrual pain, as Dr. Tu recently did, “it seemed to just get quiet around the mid to late ’80s,” he says. “People were no longer interested.” That means we haven’t had a significant advance since Duran Duran released “Notorious.”

When Richard Legro, MD, of Penn State College of Medicine applied for a grant to study primary dysmenorrhea—period pain that is not tied to another cause—he reviewed all ongoing projects backed by the National Institutes of Health. “There’s not one that is developing or testing a treatment to improve painful periods,” he says. To be fair, tax money does support research for endometriosis and a related condition, adenomyosis. Great effort goes into basic lab studies about chronic pain—but research published this summer in *Nature Neuroscience* reported that experiments are overwhelmingly conducted on male rodents and that male and female mice may experience pain differently on a biological level.

Without new research into why period pain persists in so many women despite NSAIDs, drug companies hesitate to invest in developing a treatment, says John LaMatta, a former head of research and development at Pfizer. A 2011 report from



06 / 15

Apple finally updates your iPhone's Health app to include period tracking.

07 / 15

Key & Peele offer dudes a hilarious “menstruation orientation,” earn an internal standing ovation from women everywhere.



07 / 15

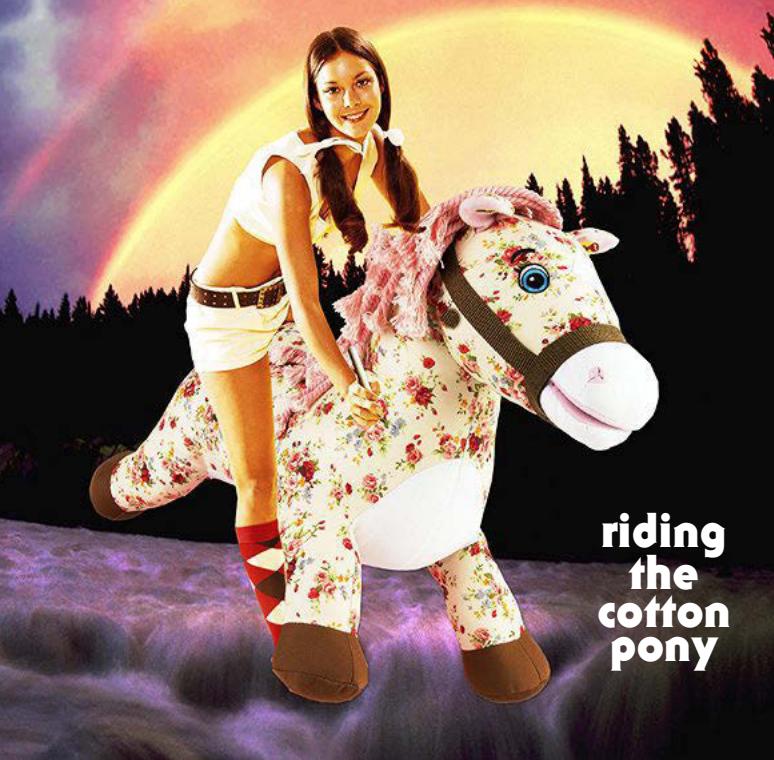
No taxation with menstruation! Canada ends its tax on sanitary products, calling it discriminatory to gals and transgender guys. Aussies and Brits protest “tampon taxes” too.



08 / 15

Donald Trump suggests GOP debate moderator Megyn Kelly had “blood coming out of her wherever.” Twitter and Carly Fiorina respond that #Periods AreNotAnInsult.

ILLUSTRATIONS BY joana avillez



riding the cotton pony

PhRMA, a pharmaceutical industry group, lists 851 products in development for conditions that tend to affect women. Only three address endometriosis, and none specifically targets cramps.

It might seem like a sexist conspiracy, but there are lots of reasons scientists don't get that excited about menstruation. In the research world, Fatal Scary Problems attract grant money and launch careers. No one ever died from cramps. "You're not going to get big dollars or prestige for researching menstrual pain," says Jennifer Bump, MD, of Baylor College of Medicine, in Houston.

Further hampering progress, there's no public outcry. Men—and women with easier periods—may find it hard to empathize. Menstruation remains a culturally awkward topic, driven into the shadows. "Throughout history, women were shunned or locked away in their little hut when they were on their period," Dr. Bump says. "There is this idea that this is a curse, and it somehow is shameful." PMS is a subject fraught with stereotype and ridicule—witness Donald Trump versus Megyn Kelly. Women themselves can struggle with frank conversations about menstrual pain. Says Dr. Bump, "I still have patients who, for lots of different reasons, don't want to talk about it."

Kathryn Jones, a 33-year-old occupational therapist who lives near Boston, had excruciating periods starting in her teens. On the first day of her cycle, she could do little more than curl up. "I would not even be able to answer my phone," she says. "I found myself holding my breath because the pain came in such waves."

She sought one doctor after another. "The only thing they would say was, 'Oh if you have bad cramps, go on birth control.'" She tried the Pill but didn't like the side effects. After that, she says, "they just said deal with it—get a heating pad, stay hydrated. I stopped bringing it up after a while. I wasn't going to ask the same question a million times."

Soon she stopped talking about it altogether. "You're not going to say, 'I don't feel good today because I'm on my period.' I mean, people blush, they look away. Unless you're a woman with this same experience, no one wants to hear about it."

Stephanie Combs, 28, of Houston, lived with similar frustrations. The cramps in her early teens were tolerable, she says, but "once I hit 25, something really happened to my hormones. I felt like my own body hated me." She would soak in hot baths, then sit on the couch clutching a glass of

Stop the Pain

If you're suffering, you don't have to put up with it. There are options. Of course, check with your doctor.

TRY THESE FIRST

NSAIDs

Pop ibuprofen, aspirin, or naproxen with food every 6 to 8 hours starting 2 days before your flow, says Juliet Nevin, MD, an ob-gyn in Brooklyn.

Four pills (800 mgs) of ibuprofen every 8 hours for the first two to three days is safe unless you have gastric issues.

Exercise

Both cardio and stretching mitigate period pain, says a 2014 study. Working out releases mood-enhancing beta-endorphins and boosts circulation.

Self-Massage

A 15-minute aromatherapy rubdown may reduce cramps, perhaps due to more blood flow. Lie faceup with a pillow under knees. Pour 2 milliliters of lavender oil on belly; rub gently in circular motions around the navel and upper pelvis.

WEIRD, BUT MIGHT WORK

Kinesio Taping

You know that flexible, colorful tape athletes are often sporting? A study in the *Journal of Physical Therapy Science* found it helps with period pain.

Place a short strip between your belly button and the top of the pubic-hair area, a longer strip horizontally between the hip bones.

WHEN ALL ELSE FAILS...

Narcotics

Some women's pain during menses is so severe, doctors suggest serious painkillers like hydrocodone.

"Try everything else first," Dr. Nevin says. "Narcotics use can quickly lead to dependency, especially if you rely on them every month."

Surgery

Sometimes period pain is the result of problems like fibroids or endometriosis.

This kind of pain tends to start earlier and last longer than regular cramps, and sufferers don't often have the nausea or diarrhea that can accompany them. Your doc may suggest fibroid removal, a laparoscopic procedure for endometriosis, or in very serious cases, hysterectomy.

—Anna Maltby

Ginger

According to a study published in the *Archives of Gynecology and Obstetrics* in June 2015,

this root is as effective as an NSAID in relieving period pain. Take a 250 mg supplement every 6 hours.

Vitamin Injections

A doctor's injection of vitamin K1 into an acupuncture point just above the inner ankle improved menstrual pain for an hour, according to a small study of 14 women last year in *Alternative Therapies in Health and Medicine*.

wine. She tried two doctors, both of whom told her pain was normal. "They're like, 'Doesn't every woman cramp?' I was popping naproxen like candy and thinking, this can't be good for me."

A lot of women do get better with NSAIDs. A review published this summer by the Cochrane research group found that women taking 20 varieties of NSAIDs were about twice as likely overall to get relief compared with women who took a placebo. But according to the Food and Drug Administration, NSAIDs can cause stomach-aches, diarrhea, an increased risk of heart attack, and over the long haul, kidney problems. And for as many as half of women with severe pain, the Cochrane report noted, NSAIDs don't do any good at all.

That doesn't mean you're stuck though. Lyubov Fetsenets, a 27-year-old school nurse who lives outside Chicago, had cramps

that would radiate down into her upper thighs. She had trouble even walking and often called in sick. "I went to a really prestigious doctor, and he told me to just take a few ibuprofen before it starts," she says. It didn't work.

She ended up in the office of Dr. Tu at NorthShore after she was told he was an expert in gynecologic pain. He spent almost two hours discussing her issues. He eventually advised her to take a prescription muscle relaxant the first few days of her period—a use that hasn't been studied or FDA-approved but has had a lot of anecdotal success, he says.

The pain isn't gone, but it doesn't disrupt her life as much. And she was glad she didn't give up seeking help. "Keep looking for a doctor," she says, "until you find someone who will actually take time to listen to you."

MODERN PERIOD ESSENTIALS

Bloody good ideas to make your week a little less brutal.

Sanitary Subscriptions

Le Parcel and **Hello Flo** (both \$15 per month) will mail you tampons, pads, liners...and chocolate.

Stealth Packaging

Delivery service **Lola** (from \$10 per month, mylola.com) sends tampons in a box so discreet, you can leave it out on your bathroom counter.

Tracking Apps

Avoid an ambush from Aunt Flo with **Clue**, **Ruby by Glow**, and **Period Tracker Lite** (all free, Android and iOS). Monitor flow, sex drive, and PMS too.

Un-Granny Panties

Sexy Thinx (from \$24, shethinx.com), breathable **Dear Kate** (from \$32, dearkates.com), and sporty **Knixwear** (from \$20, knixwear.com), are all absorbent and reusable—great for light days or spotting backup.

Stain Busters

An enzyme-based remover like **Carbona Stain Devils #4** (\$3.99, carbona.com) is tops.

—A.M.

Kathryn Jones found her solution through unconventional means: a girls' getaway trip to a massage therapist who noticed that her lower vertebrae were fused. This caused her to favor one side while she walked, throwing the muscles in her hips out of balance. One side was almost locked in a constant spasm, which got worse during her period. A physical therapist helped her learn how to relax the tightened muscles in her pelvis, hips, and glutes as well as rebalance them through strengthening exercises, which significantly decreased her period pain. "I still feel uncomfortable, but I'm not curled up in a ball," she says.

Stephenie Combs got relief by changing her birth control to a progestin-emitting IUD, which lightened her periods without dramatically adding extra hormones in the rest of her body. "It changed everything tremendously," Combs says. Dr. Bump feels the hormonal IUD is an underused game-changer for a lot of women. It won't help everyone though. Rarely, cramps can get worse on a hormonal IUD, although the effect tends to wane after a few months.

Nothing will truly cure menstrual pain until we understand where it comes from. Cramps don't begin and end just with prostaglandins. They cause the uterus to contract, and those contractions help the inner lining to shed. But this same process occurs in everyone who menstruates. "So why does one woman experience it as painful and another doesn't? We just don't know," says Laura Payne, PhD, of the David Geffen School of Medicine at UCLA. "It's not just the contractions. There's some interaction happening there, and we don't totally know what it is."

To move forward, the cultural aversion to honest and serious discussion must end, Payne says. "There have been these taboos about talking about menstruation and really bringing it to the forefront as an issue that women deal with," she says. "It's not the type of thing people think of as a real problem."



KNOW YOUR FLOW



PCOS

With polycystic ovarian syndrome, your cycle may be super-short and light or extra-long and heavy. You might also have weight gain or obesity, excess body hair, and acne. It's serious, raising the risk for infertility and diabetes, so see a doc.



Hormonal IUDs

Mirena, Liletta, and Skyla release levonorgestrel, which reduces the thickening of the uterine lining. Because the IUD is next to the uterus, hormones don't have to travel in the body, making them very effective, says Meredith Loveless, MD, an American College of Obstetricians and Gynecologists spokesperson. Your period might go away completely.



NSAIDs

This class of meds can reduce flow for the same reason they help with cramps—because they can lower your levels of prostaglandins.



The Pill, Patch, and Ring

These methods prevent ovulation; that mechanism also reduces the amount of lining that builds up in the uterus, so you have less to shed.

lighter



Fasting

Muslim women who fasted during Ramadan experienced a variety of menstrual problems, including abnormally light periods, very short cycles, and abnormally long or heavy periods, according to a 2013 study in the *Iranian Journal of Reproductive Medicine*.



Regular Exercise

Docs aren't sure why, admits Dr. Loveless, but a good exercise routine seems to make periods a bit lighter. Aim for at least 20 minutes of brisk walking a day.



Prescriptions

If you're regularly bleeding through your pad or tampon in less than two hours, your doc might prescribe tranexamic acid (aka Lysteda), a drug that reduces heavy bleeding. It's used to treat hemophilia.



Disordered Sleep

Pulling all-nighters every single night? Skimping on sleep throws your hormones out of whack, causing a domino effect throughout your body—including, potentially, a disappearing period.



Extreme Exercise

Intense physical strain may cause the pituitary gland to slow or stop production of reproductive hormones in order to conserve energy for essential functions. Fitness fiends, beware of rapid weight loss and eat plenty of calories, protein, and healthy fat.



Being Underweight

Blame the combination of extreme strain on the body systems plus low body fat, which equals unbalanced reproductive hormones.

M.I.A.

Whether you get a drip or a deluge is kind of random. Two things really matter: if your personal normal changes and if your frequency is funky (more than once a month or less than once every three months). If this sounds like you, the info you need to get back on track might be in here.



Stress
Chronic everyday stress—as in, an abusive relationship or being someone's caretaker—may make your period weirdly irregular or light (maybe because an anxiety-ridden body isn't an optimal place to host a fetus) one month, then doubly heavy the next time you menstruate.

Flow-Chart Key



WORK



LIFESTYLE



HEALTH ISSUE



MEDS



Funky Schedules

Among flight attendants surveyed in one 2013 study, about 15 percent suffered heavy periods. Researchers believe this could be linked to sleep disturbances and jet lag.



Excess Weight

More fatty tissue means more estrogen, which can thicken uterine lining and cause skips in ovulation. When your period does come, it's crazy-heavy.



Working With Chemicals

In a recent Iranian study of employees at a pharmaceutical company, those who were regularly exposed to certain organic solvents had heavier periods. Older studies on farm workers found that those exposed to pesticides also had menstrual trouble, possibly because some chemicals can mimic estrogen.



Adenomyosis

Aka endometriosis of the uterus. It's endometrial tissue that grows into the lining of the uterus, causing painful and heavy periods. Don't just suck it up—talk to a gyno.



Uterine Fibroids or Polyps

Some can alter the lining or shape of the uterus. In addition to a lotta flow, look out for irregular bleeding, pelvic pain, frequent urination, and backaches.



Smoking

...especially if you started as a teen, per a 2014 study published in *Tobacco Control*. Add to the list of reasons to visit QuitNet.com.



The Copper IUD

"The uterus has to get used to the copper in Paragard—it causes some inflammation, so you build up more blood and cramp more," says Laura MacIsaac, MD, associate professor of obstetrics, gynecology, and reproductive science at the Icahn School of Medicine at Mount Sinai. "For most women, by the third menses, their period goes back to the way it was."



Soy

Eating food that contains phytoestrogens can theoretically elevate your estrogen levels and bring trouble. Still, you'd likely have to eat a ton of soy to see an effect, says Dr. Loveless.



STIs

Chlamydia, gonorrhea, and pelvic inflammatory disease can interfere with the uterus's ability to contract, making bleeding worse. Your gyno can test you.



Bleeding Disorders

Super-heavy periods are a mark of von Willebrand disease, an under-diagnosed genetic disorder. Watch for other signs like nosebleeds and bruising. —A.M.

Gut Trouble

The same hormones that cause your uterus to contract cause the organs along the digestive tract to contract too. Results: gross symptoms like bloating, constipation, diarrhea, and nausea.

WHAT TO DO: If your stomach tolerates them, take ibuprofen or naproxen. Hormonal birth control may also help a lot. Pills with a low dose of estrogen are good for sensitive stomachs, says ob-gyn Meredith Loveless, MD. And cut down on salty junk food—you may be craving it, but it can make bloating worse.

IT WORKED FOR ME!

"I head to yoga to relish in the pose modifications offered to women on their 'monthly holiday,' as my instructor calls it. (I also go to hear him say that.)"
—BECKY T., 29

IT WORKED FOR ME!

"Raspberry tea."
—SHANICE M., 27

Cravings

Pre-period, the stress hormone cortisol spikes and the calm-inducing hormone serotonin dips—a one-two punch that leaves you wanting sugary, carby, fatty, and salty comfort food, says Willow Jarosh, RD, of C&J Nutrition.

WHAT TO DO: Meet cravings halfway. Instead of fries, have baked sweet potato wedges (the vitamin C is good for skin, and potassium curbs water retention). If you want Chinese, pair lean protein with broccoli and brown rice (fiber keeps you regular) sans sauce (sodium makes you bloat more).

YOU'VE GOT ISSUES.

CRAMPS ARE NOT THE ONLY PAIN-IN-OR-NEAR-THE-ASS THAT CROPS UP DURING SHARK WEEK. HERE'S HOW TO FEEL BETTER.

Mood Swings

When your flow starts, there's a drop in estrogen, which plays a big role in mood regulation, hence your transformation into a lady-Hulk... or someone who just watched *The Notebook*.

WHAT TO DO: Hormonal BC can be a winner here, or it could cause crankiness—if one method or brand fails you, try another. Snack on produce and protein to avoid blood sugar fluctuations that exacerbate moodiness.

IT WORKED FOR ME!

"I take a bath with Epsom salts and drink cucumber water like it's my job."
—ALANA W., 29

Acne

High progesterone levels before your period rev up oil-gland production. Then testosterone (a source of skin trouble) stays steady as the hormones that usually balance out T drop. You're left defenseless and zitty, says dermatologist Monica Schadlow, MD.

WHAT TO DO: Use a gentle cleanser, like Cetaphil or Cerave, and don't go nuts with the harsh scrubs, toners, or wipes—you want to get rid of bad oils but keep good ones. BC pills with drospirenone (Yasmin, Yaz) are FDA-approved to treat moderate acne. Prescription topical meds can also help.

**IT WORKED
FOR ME!**

"Orgasming usually helps, so I try to have some me-time."
—SOPHIE B., 31

Headaches and Migraines

The drop in estrogen may affect the activity of key neurotransmitters, says osteopath Lee Peterlin, director of headache research at Johns Hopkins University School of Medicine. Thus, your head feels like crap.

WHAT TO DO: Start popping NSAIDs two days before your period headache usually hits. Magnesium oxide, an OTC supplement, may help prevent migraines, says Peterlin. If your pain is no joke, ask your doc about Rx options such as triptans.

Fatigue

It's super common, laments Dr. Ashton. She speculates that women may feel wiped out by a decline in hormone levels just before a period starts.

WHAT TO DO: Give in to that sleepiness at night, aiming for 7 to 8 hours. When you wake up, even though you might be dragging, do about 30 minutes of moderate cardio (walking works). It will give you an energy boost—plus some bonus endorphins—afterward.

**IT WORKED
FOR ME!**

"I double over and just yell like a wild banshee. It's like some primitive form of release and startles my boyfriend...but, you know, pain."
—KASIA G., 30

WE'VE GOT FIXES

Weight Gain

If you're gaining weight a few days before your flow starts, it's probably water retention. The likely culprit: yep, hormones.

WHAT TO DO: Caffeinated drinks can be a natural diuretic, says Cosmo contributor Jennifer Ashton, MD, an ob-gyn in Englewood, New Jersey. And hit a cycling or hot-yoga class—not only will you sweat away some water weight, but exercise helps with PMS in general.

**IT WORKED
FOR ME!**

"A fizzy drink, like ginger ale, always helps...or a strong margarita."
—MORGAN B., 23

**IT WORKED
FOR ME!**

"I recently put Young Living's PanAway essential oil in a diffuser the night before and I. Did. Not. Have. Any. Cramps!"
—ANDREA V., 28

Lower-Back Pain

This may actually be cramps in disguise: Since some uteruses tilt toward the back, that could be where you're feeling it.

WHAT TO DO: Go old-school: Heating pads really can help, whether your front or back is hurting. Thermacare makes portable ones for under your clothes (from \$3, amazon.com). An NIH study also showed that weekly sessions of yoga or stretching helped lessen back pain (although it wasn't directly linked to your red-dot special). —A.M.

THEY WILL BE BLOOD

(so let's deal with it)

Got tampon Q's? We're your source for tampon A's. And pad A's. And cup A's. And A's for pretty much everything else you're wondering about down there.

Should I be worried about Toxic Shock Syndrome?

Not really. Here's the deal: TSS is a potentially fatal illness caused by bacteria, not tampons. They can facilitate it in part because a blood-soaked tampon is a good place for bacteria to grow, says Meredith Loveless, MD. Model Lauren Wasser made headlines this summer when she shared her TSS story, which ended with a leg amputation. That's terrible, but the odds of TSS happening to you are super rare: between 1 and 17 cases for every 100,000 menstruating people annually. To reduce your risk for any infection: Wash your hands before inserting a tampon, don't wear one for more than eight hours, and pick the smallest needed for your flow.

Using a super-absorbency tampon if you don't need it could lead to micro-tears in the vaginal wall, which could let germs in.

What if I leave a tampon in way too long?

If it's been in there for more than a day or two, see your ob-gyn. "We've taken some crazy things out of vaginas before. It won't shock us at all!" says Jennifer Ashton, MD. Your gyno will most likely do a culture to check for infections and may place you on antibiotics as a precaution.

Can I shower with my tampon in?

Yep, but it will likely get wet and then expand, so you may have to change it sooner.

I get yeast infections after my period a lot. Could wearing pads be why?

Contact with a wet pad can irritate skin, making it more susceptible to yeast that's present. But it might also stem from changes in vaginal pH, says Dr. Ashton. "Try eating probiotics—there's growing data that this can help."

Now this
is what
we call a
diva cup.



Should I be using all-natural sanitary products?

Your call. In theory, fewer chemicals might be better for your body. But it's not proven that chemicals in tampons and pads leach into your system...or that organic is better. If you tend to get itchy or irritated, you may be a good candidate, says Dr. Ashton. And everyone should opt for unscented—fragrances can be harsh on your delicate vag.

So...the menstrual cup. How does that work?

The cup—a bell-shaped, flexible vessel that collects blood right in your va-jay-jay—has been around since the 1930s, but it's getting more popular. You fold up the rubbery cup to insert it, and it returns to its shape inside you. After about 10 hours, you dump it out, clean it with warm water and mild soap, and put it back inside. Downside: It can leak if it overfills or slips out of place. Still, says Dr. Loveless, "a lot of women love it once they get the hang of it."

I'm a transgender man and shopping for "feminine products" is alienating. Tips?

Thankfully, almost anything can be ordered online. The feelings of disorientation some trans men feel during periods are harder to solve. "Deciding what to use can be challenging, especially if he's already transitioned socially—it's difficult to wear boxers and use a liner or pad," says Henry Ng, MD, president of GLMA: Health Professionals Advancing LGBT Equality. "Some may use tampons, but for others that may give them dysphoria." Talking to a gender-affirming doctor about options, including injections or surgery that eliminate periods, can help. Find one at GLMA.org. —A.M.



men on periods

Sure, there are more fun topics to discuss with your guy (dream travel spots, Fallon vs. Colbert), but chatting about menses can make for a better TOTM, every month. "Talk early and it won't cause ongoing anxiety," says Cosmo guy-advice guru Logan Hill. Tell him if you're regular ("so he can support you if you're late," says Hill), what you want in bed ("massage week?" he suggests), and your symptoms ("a reminder that women are different"). We asked a group of very game guys what they think about...

...Periods

"Sucks to be a girl. I mean, er, it's hard to be a girl."

—Orlando M., 23

"I don't want to hear about it. La la la la."

—Ben P., 22

"No one's pregnant! It's like a little milestone every month."

—Sam W., 23

"It's when the uterine lining is shed each month. I Googled it! I was like, I have to know what this is. It's hard to understand what your girlfriend is going through, because there is no equivalent for men."

—James J., 26

...Period Sex

"It can be disconcerting when you see the blood. It's like, okay, wow, your sexual organs are not just a place my penis can hang out."

—Omari G., 31

"Shower sex! I don't care. In high school, my girlfriend wasn't on birth control so we did it at the end of her period so she wouldn't get pregnant."

—Joey S., 23

*** You can conceive while menstruating. Contraception, please!**

"It's not a turn-off, but it's not a turn-on. And it isn't happening on my sheets."

—Will B., 21

"It's something you should do only if you really know someone. It's a personal time."

—Paul S., 22

"If you have sex all the time and there's a few days when you're not, it's not that big of a deal. You can watch a new show on Netflix! But if we're going on vacation, I'm like, 'please don't be on your period!'"

—Sam W.

*** If you're on the Pill, it's safe to skip your placebo week if you want to avoid a period.**

...Buying Tampons for You

"What's the problem? [Cashiers] know it's not for you! They're probably thinking, 'That guy has a girlfriend he loves.'"

—Ben P.

"I buy the condoms, you buy the tampons."

—Orlando M.

"If I was, like, married, I would do it."

—Sam W.

"It's overwhelming—there are like 20 kinds!"

—Paul S.

...Menstrual Cups

"It's reusable?! No, no, no, no."

—Ben P.

...PMS

"The first word that comes to mind is *bitch*. No joke. That time of the month brings serious fights."

—Will B.

"Some guys think, she's mad, but I'm not wrong, she's on her period. It shouldn't be that way—you probably did mess up. It's not an excuse to do whatever you want."

—James J.

"If I'm dating someone who's using that as an excuse [to get mad], that's not the relationship for me."

—Sam W.

"It's life, it happens. If she snaps because I left my dish in the sink and I know she's on her period, I cut her slack."

—Paul S.

"I try to understand why she's in a mood. If it's a small fight, why are we having it? Is it because she's on her period? Am I drawing an unfair inference?"

—Omari G.

"I like to know [if she's menstruating] so I can get the chocolate out."

—Orlando M.

**paging
edward
cullen**

HOROSC



BY AURORA TOWER
@AURORAASTRO

Venus's conjunction with lively Mars on the 2nd bodes well for relationships. Savor some you-time when the New Moon enters Scorpio on the 11th, then get ready for adventure after the 22nd when the Sun moves into exciting Sagittarius.



11.22-12.21

Rest up, Sag: Life's about to get hectic. If you're starting to see a kooky friend in a new (read: hot) light, test the waters around the 6th. The Sun moves into your sign on the 22nd, ushering in a wave of positive momentum.

YOU NEED: Some chill couch time pre-holiday rush.

SAGITTARIUS GUY: He's running on E. Turn off his phone, dim the lights, and turn your home into a private, sensual oasis for two.



12.22-01.19

You could strike career gold near the 2nd when Mars and flush Venus unite in your zone of fame and success. Work hard and smart during this time. The 13th is a huge day for romance, so mind your health so you're ready for anything!

YOU NEED: To RSVP to an industry happy hour or two.

CAPRICORN GUY: He's all about his boys this month. Catch up with your girls, and pick up a few sexy pointers.



01.20-02.18

You're hitting your stride in a big way! Speak up when a key person asks for your input near the 10th, and the wins will roll in. The 23rd, when Venus opposes your ruler Uranus, is your biggest day for love this month. A sexy getaway for two?

YOU NEED: To make way for new dreams.

AQUARIUS GUY: He's in high demand at work. Why not give him a relaxing, morning-delight wake-up call?



02.19-03.20

It's go time! A trine between mystical Neptune and communicative Mercury on the 6th will fuel your creative instincts. Let your vision lead you after the 18th when Neptune goes direct—but be cautious about big decisions around the 29th.

YOU NEED: To embrace your weird side!

PISCES GUY: Say hello to Mr. Spontaneous! Skip your normal routine, and get wild on the town—and with each other.



03.21-04.20

Be strategic about fitting new opportunities into your groove. Your ruler, active Mars, marches into your zone of partnership on the 12th, making both love and work a joy. Plan a trip after the Sun moves into adventurous Sagittarius on the 22nd.

YOU NEED: Your finesse, not force, to get what you want.

ARIES GUY: Your pleasure is his pleasure! Share a fantasy while he's wrapped in your sheets.



04.21-05.21

Keep juggling, Taurus! Venus moves into sociable Libra on the 8th, giving you the perfect words for an ace pitch. Love will thrive near the New Moon in Scorpio on the 11th in your zone of relationships. Use your silver tongue to catch someone special.

YOU NEED: To keep your body guessing with a new cardio class.

TAURUS GUY: He's feeling directionless. Let him vent over food, wine, and plenty of laughter.



05.22-06.20

Sparks fly when Venus and Mars unite in your zone of love on the 2nd! Show off your gym gains when the Full Moon enters your sign on the 25th—an über romantic day. Go slow but steady toward your heart's desire.

YOU NEED: To be real in order to find true love.

GEMINI GUY: You have his undivided attention. Go for a romantic walk outdoors, and then take his breath away back at home.

SAGITTARIUS

CAPRICORN

AQUARIUS

PISCES

ARIES

TAURUS

GEMINI

OP



06.21-07.22

Make time for love even if you're in nesting mode. When the Sun makes a gorgeous sextile to Pluto in your relationship zone on the 5th, a small flirtation may flourish. Your focus shifts to work after the 22nd when the Sun moves into your zone of routine.

YOU NEED: To stop stressing and do you.

CANCER GUY: He's like a kid in a candy store. Lie back and let him call you his lollilollilollipop!



07.23-08.22

Your hustle is strong, but don't forget the R&R! Spruce up your pad, and throw a chill dinner for friends around the New Moon in Scorpio on the 11th. The 23rd is a great day to get busy...with someone freaky.

YOU NEED: A Pinterest binge for home decor inspiration.

LEO GUY: He's looking for a little extra affection this month. Get handsy with a full-body massage, and then have him return the favor.



08.23-09.22

Keep reaching for the stars! Be especially sharp near the 2nd when VIPs are watching. Then enjoy your love life on the 18th, when Neptune goes direct in your relationship zone. Things with your boo have been unclear, but insight is ahead.

YOU NEED: To build up your squad!

VIRGO GUY: When he flies off in social butterfly mode, remind him that your warm cocoon awaits him.



09.23-10.22

Post-birthday energy has you fully recharged! When Venus and your ruler, lively Mars, unite in your sign on the 2nd, a long-held dream could come true. Keep an eye on your finances around the 11th to stay worry-free when your social life amps up after the 22nd.

YOU NEED: To treat yourself as well as you do everyone else.

LIBRA GUY: He is. Pumped. Get him on the dance floor, and take the lead in a tango.

CANCER

LEO

VIRGO

LIBRA

Fierce and charismatic, Tracee Ellis Ross is a pure Scorpio. October 29,



SCORPIO

10.23-11.21

Stellar gifts: You have an eagle eye for detail and know how to make anyone you engage with feel like the only one in the room.

Blind spots: In introspective moods, you can seem cold and give off mixed messages.

Fashion faves: You captivate in dramatic and spare black or red outfits as well as more intricate looks with eye-catching details.

Indulgence: The decadence of all-day lovefests in bed with your *amour* tantalizes you.

Seduction style: You know just when to turn up the charm and when to pull back and let others pursue you, so your admirers fall hard and fast. You encourage deep, intense relationships, but reveal your innermost self to only a select few people.

Your month: Driven by intuition, you'll move full-steam toward your goals as the month begins. The New Moon in your sign on the 11th will give you a boost as you work to complete a project that means a lot to you. Watch out for a financial snafu on the 29th when confusion is high.

Your year: Being fearless and embracing your unique quirks has paid off this year. Trust that your vision is clear and strong, and keep being your most genuine self. It'll pay off big-time. February and August will bring romance, and June and October are your best times for travel.

You need: To find the right balance between innovating and taking care of responsibilities.

BEST MATCHES

Virgo: You share the same overarching goals in life and are equally dedicated to making your biggest dreams (and hottest fantasies!) come true.

Capricorn: Your serious and playful sides are perfectly matched, making time shared with friends a load of fun, and your bond with each other makes one-on-one time especially intimate.



Diet REVIEW!

5 Super Slimmers That Really Work!!!



1

Reshape your entire body in 30 days?

If you haven't heard about Vysera®-CLS yet... you definitely will... and very, very soon. Why? Because as incredible as it sounds, groundbreaking research has just identified a compound that can not only help you lose weight, but can actually reshape your entire body, reducing waist size,

hip size, thigh and buttock circumference, belly bulge, and... last but

not least... cause a significant loss of actual fat mass from all over your body. Has the "miracle pill" finally arrived?

As one article said, taking Vysera is sort of like "eating a whole donut and only absorbing a fraction of the calories." How's that for amazing? (Of course, we don't advocate eating a donut as a meal, and this example is used for illustrative purposes only.) Vysera-CLS is available at all Ulta stores, Kohl's, GNC and at VyseraCLS.com or call 1-800-910-1429. Use promo code VYSER187 and shipping is free!†

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2

BiphedAdrene® is quickly making a name for itself in the "Super Pill" category because of its supercharged dual approach to weight loss: it's comprised of a unique Complex Phenylethylamine Provisional (for powerful appetite control, mood-elevation, and sustained energy) combined with an Aggressive Thermogenic Compound (for fat burning and stamina). This two-pronged attack on fat is apparently what makes the compound so effective... and so popular. And it doesn't just help provide very substantial weight loss... it also adds a mood and energy boost. BiphedAdrene is available at smarter retailers nationwide, direct from the manufacturer at Biphed.com or call 1-800-544-2950. Use promo code BIPHED120 and get free shipping.† However, we emphasize that this high-energy product is not for everyone because it is extremely potent and contains powerful xanthine (stimulant) compounds. Nevertheless, if "ordinary" diet pills aren't doing the job, BiphedAdrene could most certainly be your best bet!





3

"Combo-Pilling" America's Hottest Weight-Loss Craze

Ever wonder how some people manage to get so thin... so fast? It could be "Combo Pilling"... the über-trendy, "underground" practice of combining two or more diet pills to create "supercharged" weight loss. Our favorite diet pill combination is Zantrex®-3 (the high energy fat burner) and Relacore® Extra (the calming, feel good, "belly fat" pill). One pill picks you up, the other pill calms you down...

both of them are incredible... but together, oh my goodness! Available at WalMart, Walgreens, CVS, RiteAid, and smarter retailers nationwide, you can order both at TryComboPilling.com or call 1-800-530-3133 (use promo code COMBOPILL76 and get free shipping!).

4

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They say it's the best-tasting, easiest and most delicious way to lose weight, burn fat, increase energy, heighten focus, boost mood and much, much more. No wonder you see so many celebs using it! Zantrex SkinnyStix are available in three super-refreshing flavors: Berry Fusion, Tangy Tangerine and Electric Lime... Available at Walmart, Walgreens, CVS, Rite Aid and GNC. (Call if you can't find your favorite flavor: 1-800-417-0492) Or pick 'em up at Zantrex3.com for about \$29! Use promo code SKINNY36 and get free shipping.[†]



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Your appetite, too!
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5

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Q: **What Is Combo-Pilling?**

A: The highly controversial practice of Combo-Pilling is truly an underground phenomenon. Odds are, if you know someone who's losing lots of weight, and losing it fast, you probably know someone who's Combo-Pilling... Why? Because it allows people to attack multiple facets of weight loss — like dropping fat, overcoming stress eating, and having enough energy to work out — at the same time.

bitch it out!

CRAZY SITUATION WORKING YOUR LAST NERVE? VENT HERE!



GUAC IS XXXTRA

"I'll take a side of butt-crack with my burrito please."

—GLORIA E., 24



TOE-TALLY GROSS

"Oh, shoot. Did you forget you were on a plane and not in your living room? And with French tips on your toes? Blech!" —CHERIE E., 35



FLIGHT RISQUE

"I understand that being comfortable at the airport is important, but...your butt." —ANNIE P., 28

ANNOYED BEYOND BELIEF? E-MAIL INBOX@COSMOPOLITAN.COM (SUBJECT: BITCH IT OUT) TO SHARE YOUR PET PEEVE (AND PHOTO). IF WE PRINT YOUR SHOT, WE'LL GIVE YOU \$50!

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LIC, similar styles at banana republic.com. MIU MIU, similar styles at Miu Miu boutiques.

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DAY TRIPPERS

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the entry form pursuant to the onscreen instructions. Five (5) winners will each receive a \$120 Google Play gift card, a copy of *Pitch Perfect 2* DVD (ARV: \$35), a copy of *50 Shades of Grey* DVD (ARV: \$35), a Samsung UN32J4000 32-inch 720p 60Hz LED TV (ARV: \$200), SkinnyGirl popcorn prize (ARV: \$103.48), and a \$500 gift check. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. One (1) winner will receive a Luana Italy burgundy bag plus assorted beauty products, ARV: \$590. Must have reached the age of 18 or older and be a legal resident of the 50 United States or the District of Columbia. Void in Puerto Rico or where prohibited by law. Sweepstakes subject to complete official rules available at Cosmopolitan.com/GirlsNightIn.

LUANA ITALY BAG SWEEPSTAKES

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COSMO QUIZ

Should You Loosen Up?

1. On the way to meet a friend at your favorite diner, she texts you about trying the new Thai joint instead. You text:

- a. "Sure! Or that Chinese place?? Or sushi? idk now!!"
- b. "Um...okay! I hate spicy food, but I'll just fill up on rice."
- c. "I can't really say yes because that'll validate your last-minute plan changing and you know I hate that. Also, I need disco fries."

2. As a bridesmaid, you generally fulfill your duties with:

- a. Oh shit, do I have duties?
- b. Gritted teeth... and one too many glasses of champagne.
- c. Multiple Gmail chains to all seven other bridesmaids with an attached Excel of bachelorette party responsibilities.

3. Of the three female *Friends*, you relate the most to:

- a. Phoebe, due to her total lack of a life plan.
- b. Rachel, for being an alpha in Girl World.
- c. Monica, because—OMG, WHO JUST SPILLED THAT?!

4. At parties, you can usually be found:

- a. Chatting with a random girl behind you in the bathroom line...and leaving the friend you brought to fend for herself.
- b. In your tight-knit clique, quietly shit-talking other people in the room.
- c. Starting an intense debate over the Iran deal with some dude who'd just asked you if you wanted a Stella.

5. Your dude is trying to get you to blow off work and go away for a long weekend with him. Your response?

- a. "Just a weekend?! Let's go to Burning Man!"
- b. "I've got a ton to do at work this week, but...sure?"
- c. "Some of us have responsibilities. There's the door."



NEW MOTTO:
GO WHEREVER
THE PARTY
PANTS TAKE YOU.

Mostly As: **LIGHT AS A FEATHER**

A lovable space case, you're down for whatever. But you're easily influenced and have a tough time committing to a stance on anything. Instead of giving in to the whims of your BFFs, listen to your gut once in a while. Picking the brunch spot doesn't make you Stalin.

Mostly Bs: **RESENTFULLY FLEXIBLE**

You pride yourself on going with the flow. But when the current takes you upstream and you're headed down, you can be one cranky tadpole. Rather than saying yes when you want to say no, try prioritizing what's worth compromising on (bachelorette tees) and what's not (matching neon bachelorette tees).

Mostly Cs: **STIFF AS A BOARD**

If you were any tighter, you'd be a Hemsworth's abs. You are loyal and stick to your guns, which shows a strong sense of self. But when your pals fail to meet your standards, you can be a little judge-y and alienate them. So relax a bit, and try to learn how to bend! Chill ain't just sweater weather.



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References: 1. Alcon data on file, 2012. 2. Alcon data on file, 2014.

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5 SUBTLE SHADES



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